GROUPLOVE: THE MORE, THE MERRIER

THE BEST BANDS ARE MADE OF BEST FRIENDS. PAGES 22-23

metro®
NEW YORK CITY Wednesday, September 25, 2013
www.metro.us | m.metro.us | twitter.com/metronewyork | facebook.com/metronewyork

TAKE THE NEW YORK
LASIK CHALLENGE
BEST PRICE ON ADVANCED iLASIK OR ITS FREE
We guarantee the best price on advanced iLASIK in the New York metro area or your LASIK procedure is FREE!
EXPIRES 10/31/13
$1500 OFF iLASIK*
*$750 off per eye iLASIK regular price. Cannot be combined with other offers or insurance. Some restrictions apply.
stahl eyecare experts
(855) 875-2020 • www.stahlny.com

KEEPING THE SAFETY ON

Gun gurus. As the debate over gun control continues to rage across the U.S., firearms advocates in three of the Northeast's biggest cities say finding a middle ground is possible. **Pulling the trigger.** There are many projects and classes being offered to help teach Americans about guns. PAGE S 16-17

Metro continues its five-day look at gun culture in Boston, New York City and Philadelphia. / AARON ADLER, METRO

Council bill puts focus on pregnant workers

PAGE 04

Obama to UN: Get tough on weapons

PAGE 14

Pharrell Williams goes in One Direction

PAGE 18

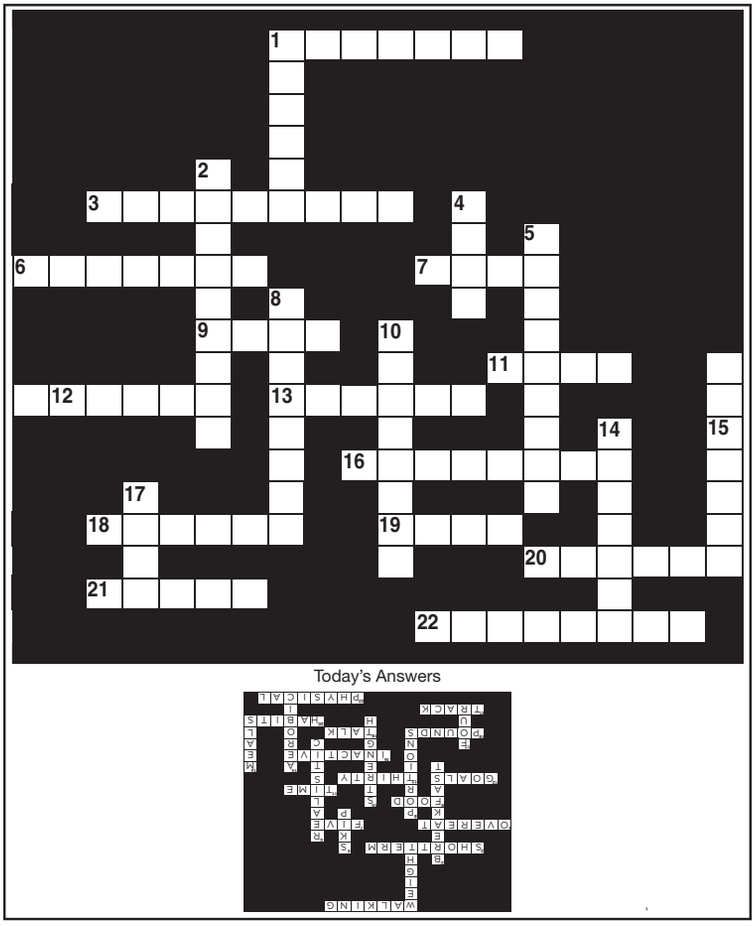
Some apps are to live and die for, literally

PAGE 34

FOX | CSPD
Center for Student Professional Development

HIRE POWER
Ranked top 5 nationally
by *U.S. News & World Report*
for MBA job placement.
www.fox.temple.edu/metro

Fox School of Business
TEMPLE UNIVERSITY®



Today's Answers

EmblemHealth
WHAT CARE FEELS LIKE.
LESLIE CARE
CARE COORDINATOR
No matter what your health care questions are, Leslie is ready to guide you to the answers.
emblemhealth.com

EmblemHealth
WHAT CARE FEELS LIKE.
SANA CARE
DIRECTOR OF HEALTH CARE REFORM
Sana has answers to your health care reform questions. Now you have answers to the brain teasers.
emblemhealth.com

1. 9 2. 20 seconds 3. 60% 4. 300 mg
5. Vitamin E 6. 30 years old 7. Sleeping

Across

1. One of the simplest and most beneficial ways to be active. You can get a pedometer to count the number of steps you take each day.

3. Set these kinds of goals to achieve something on a daily, weekly or monthly basis. They are very important in helping you reach long-term goals.

6. Skipping meals can slow down your body's metabolism and cause you to do this the next time you do eat.

7. To lose weight the healthy way, you need to do **300** minutes of endurance or aerobic activity every week. If you do 1 hour every day, how many days in the week do you need to be active?

9. This provides energy to keep your body working properly.

11. Changing old eating and physical activity patterns will take _____.

12. Set these to achieve weight loss but remember they need to be S.M.A.R.T (specific, measurable, achievable, realistic, and time oriented).

13. Be physically active for at least ___ minutes each day for good health.

16. The use of elevators, drive through bank machines, TV, computers and driving can lead to this kind of lifestyle.

18. Healthy weight loss is slow and steady and means losing no more than 1 to 2 _____ per week.

19. Endurance or aerobic workouts require the right amount of intensity. To figure out if you're exercising at the right intensity you should be able to do this. If you can't _____ at all then you're exercising too hard.

20. The problem with fad weight loss products is that they do not help people develop healthy _____.

21. Keep _____ of what you eat and what you do for physical activity every day.

22. Including _____ activity everyday is the easiest way to increase the amount of energy (calories) you burn.

Down

1. If the foods you eat provide more energy (calories) than you use through metabolism and physical activity, you will gain _____.

2. It may be the most important meal of the day because it provides your body fuel after an overnight fast.

4. This is a great endurance or aerobic activity. Don't do this to your meals because it will probably cause you to overeat at your next meal.

5. When setting goals for losing weight, make sure they are _____.

8. Choose smaller _____ of meats and higher fat foods and eat more vegetables and fruits.

10. This type of physical activity makes our muscles and bones stronger. Examples include: sit-ups, pushups and weight training.

14. This type of physical activity is the kind that gets your heart pumping and has been identified as the most important kind of activity for weight loss.

15. A good way to lose weight is by eating small _____ throughout the day.

17. On the rainbow of Canada's Food Guide to Healthy Eating there are _____ food groups.

OUR EMPLOYEES NEVER SHY AWAY FROM THE TOUGH QUESTIONS.

Enjoy a good challenge? Try these brain teasers.

EmblemHealth®
WHAT CARE FEELS LIKE.

1. How many calories are in a gram of fat?
2. How long does it take a red blood cell to circulate through the body?
3. Water makes up what percent of your body weight?
4. What is the maximum recommended amount of dietary cholesterol per day?
5. If you want to recover faster from exercise, you'll need plenty of what vitamin?
6. At what age do most people reach their peak bone mass?
7. What burns more calories, sleeping or watching TV?

emblemhealth.com

1

NEWS

Quoted

"We need a New York and a mayor who's going to be for all people, and I believe Bill de Blasio will be that mayor that we need."

Comptroller John Liu, after endorsing his former rival in the mayor's race

Top 3

What's trending at Metro.us

1 'VIDEO: Bryan Cranston reads erotic fan letter on "Conan"'

2 'VIDEO: Christians say they're "not all like that" about homosexuality'

3 'Mexico's first openly gay mayor does not support same-sex marriage'

Bill protects pregnant women in workplace

Mothers. The bill would require "reasonable accommodation" to pregnant workers.

When Angie Welfare was eight weeks pregnant, she told her manager at American Airlines' freight department in JFK Airport that she wasn't supposed to lift more than 10 pounds.

"He said, 'We don't have light duty for pregnant women,'" recalled Welfare, a 45-year-old resident of Jamaica, Queens.

Welfare, who has worked at the airline for 18 years, was forced to take an unpaid sick leave of absence.

That was May 31, 2006. Tuesday, City Council passed an amendment that would protect against such pregnancy discrimination in the workplace.

If enacted, it would require employers to provide "reasonable accommodation" — what doesn't cause undue hardship — to pregnant employees.

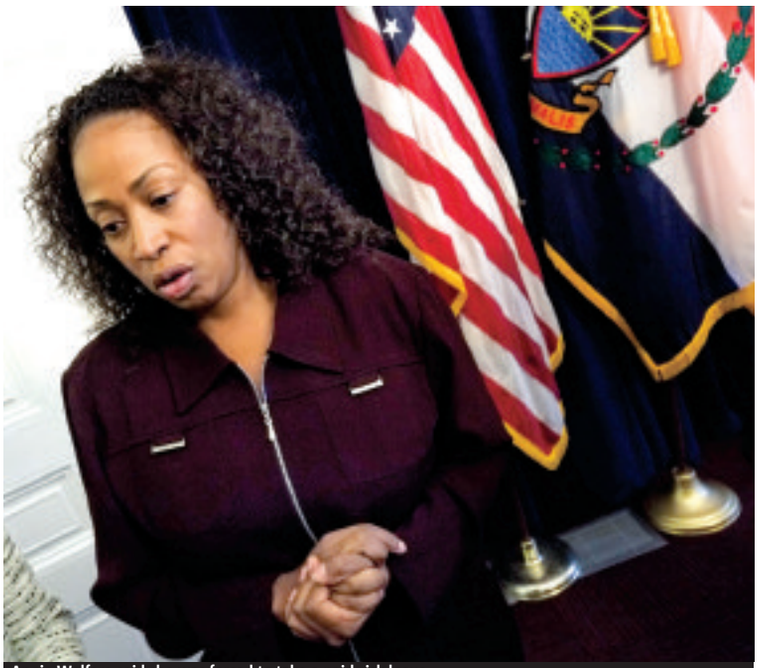
"A woman in Angie's situation would be legally entitled to have that accommodation made," said City Council Speaker Christine Quinn.

The bill would allow individuals to file a complaint with the Commission on Human Rights and bring a civil action if they feel discriminated against.

The new requirements would be clearly visible in the workplace if the law is enacted.

American Airlines did not respond to multiple requests for comment. A lawsuit Welfare filed against the company is pending.

ANNA SANDERS
anna.sanders@metro.us



Angie Welfare said she was forced to take a paid sick leave of absence when she was pregnant. / WILLIAM ALATRISTE

Lhota, de Blasio spar over debates

Bill de Blasio and Joe Lhota will debate three times. / GETTY IMAGES

Joe Lhota's mayoral campaign had choice words for his opponent Bill de Blasio on Tuesday.

De Blasio's camp released a statement announcing the heavy front-runner would participate in three general election debates, "the largest number of debates held in a New York City mayoral general election since 1985."

That is one more debate than the two required by the Campaign Finance Board.

But GOP candidate Lhota had challenged de Blasio to a weekly debate in every borough. The two CFB debates will take place in Manhattan.

De Blasio agreed to be in a third debate, also in Manhattan, on Oct. 15 on Columbus Avenue.

It may have come as a surprise to some that de Blasio, who has been running on a "Tale of Two Cities" platform, calling out the inequality throughout the five boroughs, would pass up the opportunity to reach outer-borough voters in such debates — which the Lhota campaign was quick to highlight.

DANIELLE TCHOLAKIAN

Under investigation

Man charged after girl, 3, dies playing on fold-out bed

A man was arrested after a 3-year-old girl he was babysitting died while playing on a pullout bed in their Harlem apartment.

Mohamed Barry, 50, was arrested Monday after leaving the apartment — and three children unattended — before his girlfriend's daughter became trapped in the sofa bed Sunday night, police said.

Barry was gone when Aissante Diallo was playing on the sofa bed in their West 140th Street apartment and the bed snapped shut.

ANNA SANDERS

Basketball capital

NBA to hold All-Star Game in New York

The Knicks and Nets can't guarantee a championship by 2015, but the league is set to announce the NBA's best players will be in New York City then.

The NBA is set to hold a news conference today to announce the 2015 All-Star Game will be held in New York. All the details will be announced, but the game will be jointly hosted between the Knicks and Nets.

Chris Paul won the MVP at last year's All-Star Game. GETTY IMAGES

The deal had been in the works for months. The slam dunk and 3-point contests will likely be held in Brooklyn on Saturday, with the game itself at Madison Square Garden. METRO

Earn up to

40,000

ThankYou® Points

redeemable for up to **$400** in gift cards

Open

Start a new checking relationship.

Manage

Use Citi's digital services.

Receive

Redeem ThankYou Points for up to $400 in gift cards.

Earn up to 30,000 ThankYou Points after you open an eligible Citibank checking account, enroll in Citi ThankYou® Rewards and complete qualifying direct deposits and bill payments.

Plus 10,000 More ThankYou Points after you download and log onto the Citi Mobile℠ app or sign up for paperless statements.

Visit a branch, citibank.com/checkingrewards or call 1-866-583-6706.

citi®

ThankYou Points ("Points") will be credited to your ThankYou Member Account within 90 days from the end of the statement period in which you satisfy all offer requirements.

To qualify for 30,000 bonus Points, open a new Regular Checking account in The Citigold® Account Package by 10/31/13; or to qualify for 10,000 bonus Points, open a new Regular Checking account in The Citibank® Account or Basic Banking Package by 10/31/13. Then, for either offer, within 60 days after account opening, enroll the new checking account in Citi ThankYou® Rewards and have 1 qualifying direct deposit credited and 1 qualifying bill payment posted to the new checking account during a calendar month. Such activities must also be done during the following calendar month. Qualifying direct deposits are Automated Clearing House (ACH) credits, which may include payroll, pension or government payments (such as Social Security). Qualifying bill payments are those made using Citibank® Online, Citi Mobile or CitiPhone Banking®. Bills paid by transferring between linked accounts and/or transfer payments made to accounts within Citibank or Citibank affiliates do not qualify.

To qualify for an additional 10,000 bonus Points, you must also enroll the new account in paperless statements or download and use the Citi Mobile App within 60 days after account opening. Citibank Online registration is required before using these digital services. Offer for new checking customers only, 18 years or older. All accounts subject to approval. Offer is not transferable and cannot be combined with any other offer. Limit of one offer per customer and account. **Important Tax Information: Enrollment in Citi ThankYou Rewards and this offer limited to customers who are either citizens or resident aliens of the United States (U.S.) with a valid U.S. taxpayer identification number. The value of the rewards from redeemed Points may be reported to the IRS as miscellaneous income on Form 1099-MISC in the year redeemed, if the value of the rewards plus other taxable miscellaneous income awards received from Citibank, N.A., is in the aggregate $600 or greater for a calendar year, as required by applicable law. Customer is responsible for any applicable taxes.**

New checking account must be open and in good standing at the time the bonus Points are credited. If you have received a bonus reward for opening a new Citibank consumer checking account within the past two years you will not be eligible to receive a bonus associated with this offer.

Terms, conditions and fees for accounts, products, programs and services apply and are subject to change.

© 2013 Citibank, N.A. Member FDIC. Citi, Citibank, Citi with Arc Design, Citigold, CitiPhone Banking, ThankYou and Citi ThankYou are registered service marks of Citigroup Inc. Citi Mobile is a service mark of Citigroup Inc.

comwave
Long Distance

Call long distance from your mobile phone at our Guaranteed lowest rates

$25 FREE
Long Distance
No contracts, No obligations
Just FREE long distance

Unlimited Canada or USA on your MOBILE PHONE $5/MTH

If you're paying less with your current provider, call us & We'll beat it, GUARANTEED!

Call anywhere in the world Starting from 1¢/MIN

Call today: 1-866-768-2702
www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. $25 free promotion is applied $5 per month for 5 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. All Unlimited Plans do not include calls to the Yukon, Nunavut, N.W.T., Alaska and Hawaii. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at www.comwave.net/terms.

Gov. Andrew Cuomo unveiled 91 texting zone locations along state highways. / OFFICE OF THE GOVERNOR

'Texting zones' added along state highways

Safety first. Gov. Andrew Cuomo announced the designated areas on Monday.

New York State drivers will now have designated areas to pull over and send a text message.

Gov. Andrew Cuomo unveiled on Monday 91 texting zone locations along state thruways and highways in the latest effort to cut down on distracted driving.

"In addition to tougher penalties, new detection methods for state police and ongoing public outreach efforts, we are now launching special texting zones to allow motorists to pull over and use their phones," Cuomo said.

The governor also announced a 365 percent increase in tickets issued in summer 2013 compared to summer 2012 for distracted driving. This summer, state police issued 21,580 tickets, surpassing last summer's total of 5,208 tickets.

The texting zones are located in areas throughout upstate and in Suffolk County in Long Island.

No excuses

"We are sending a clear message to drivers that there is no excuse to take your hands off the wheel and eyes off the road because your text can wait until the next texting zone." Cuomo

LAURA SHIN
laura.shin@metro.us

Traffic fatality

Pedestrian killed after car jumps curb

Police are investigating the death of a pedestrian who was struck by car on a Queens service road Monday afternoon.

Michael Munoz, 42, was walking on the sidewalk when a Toyota Camry jumped the curb and hit him.

The 78-year-old driver of the car sustained minor injuries.

ANNA SANDERS

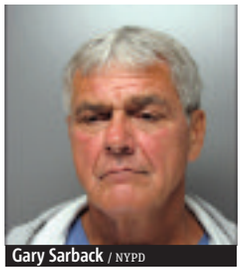
Queens. Man tried to murder cop: police

Police arrested Gary Sarback, 61, on Tuesday in connection with an Aug. 22 robbery and subsequent assault on a police officer.

Sarback, a Florida resident, is being charged with attempted murder on a police officer.

The NYPD said Sarback mugged a 49-year-old Asian woman in East Elmhurst on Aug. 22.

Around four hours later, uniformed officers tried to pull him over. Shots were fired, cops said,


Gary Sarback / NYPD

and one of the officers was hit with the truck that Sarback was driving

DANIELLE TCHOLAKIAN

DICK BRENNAN
ALICE GAINER
FIND OUT FIRST
NEWS @ 9:00
WEEKNIGHTS
WLNY
10
55
cbsnewyork.com

do more with your money.
New York: we have your best rates

12-month CD 1.20% APY
24-month CD 1.45% APY
36-month CD 1.60% APY

doralbank

www.doralbankny.com
Midtown Branch
875 3rd Avenue (between 52nd and 53rd St.) New York, NY 10022
212.486.3030

Park Avenue South Branch
345 Park Avenue South (on 26th St.) New York, NY 10010
212.584.6820

Annual Percentage Yields (APYs) are accurate as of 9/25/13 and are subject to change without notice. Minimum of $500 is required to open an account and to obtain the APY. APY assumes principal and interest remain on deposit for the full term of the CD. Early withdrawal penalties may apply for CDs. Products and rates are available through our NY branches or via telephone, online and mail for specific zip codes. Call or visit our website for details.
Member FDIC

The City Council passed a package of legislation that would help safeguard against the effects of future storms like Superstorm Sandy. / GETTY IMAGES

Council OKs post-Sandy storm bills

Strong city. The bills would help shore up New York against future powerful storms.

What's in the bills

The bills cover a number of areas to help the city prepare for future storms.

- One bill would ask the city to study the effects of powerful winds on New York buildings.
- Another would look at types of pavement to help reduce storm water runoff.
- The bills would also ask for ways to prevent the back flow of sewage.

As part of their continuing resiliency efforts, the City Council passed a package of legislation Tuesday that would help safeguard against the effects of future storms like Superstorm Sandy on infrastructure.

"We're talking about brick and mortar, the built environment," said Speaker Christine Quinn, who noted other legislation has addressed "human" effects of the storm.

"It's about the buildings and being prepared, but it's also about making sure we do a better job responding to the human impact if this ever happens again," Quinn said, noting, for instance, that the city didn't have a list of senior citizens who might have a difficult time evacuating.

In this package, one bill would require the city to study the use of permeable and porous pavement to reduce stormwater runoff, which flows into surrounding rivers when the combined sewer system is overrun.

Learning from history

"We're trying to deal with what we learned through the tragedy of Sandy in every way we possibly could."
Christine Quinn

"The whole concept became much more urgent post-Sandy," said Queens Councilman James Gennaro, Chair of the Committee on Environmental Protection and sponsor of the pavement bill.

Other bills would require the city to study the effects of wind on certain buildings, help prevent the back flow of sewage and require automatic toilets and faucets be capable of operating without external power.

The Office of Long-Term Planning and Sustainability will create plans to make the city more resilient to natural disasters and Department of Buildings will develop a manuel to explain flood requirements under two other laws.

The bills are the result of the Building Resiliency Task Force, which was convened following the storm last year.

A spokeswoman said Mayor Michael Bloomberg is expected to pass the legislation.

LAURA SHIN
laura.shin@metro.us

HEALTH REPUBLIC

INSURANCE

I WILL

Healthcare reform is coming

(It's time to make great things happen.)

Health Republic Insurance of New York | newyork.healthrepublic.us | 888-990-5702

the YMCA
New York City's YMCA
WE'RE HERE FOR GOOD.™
$0 JOINER'S FEE THRU OCT. 14TH
FROM SPINNING TO SALSA, ENJOY ALL THE FUN WAYS TO GROW YOUR SPIRIT, MIND AND BODY AT THE Y.
EXPERIENCE THE Y
FREE PASS AT YMCANYC.ORG
CALL (855) NYC-YMCA FOR DETAILS
OPEN HOUSE
THU. SEPT. 26, 5–8PM
SAT. OCT. 12, 12–4PM
EVERYONE IS WELCOME. Ask at any Y about the Financial Assistance program.
JUMP-START YOUR LIFE. JOIN THE Y.

Costs mounting for city in Central Park jogger suit

Controversy. The case against the "Central Park Five" has cost the city several million dollars and is rising.

Ten years, 30,000 hours and nearly $6 million.

That's the tally of what the civil lawsuit stemming from the infamous Central Park jogger case has cost New York City to defend, according to records provided in response to a Freedom of Information request.

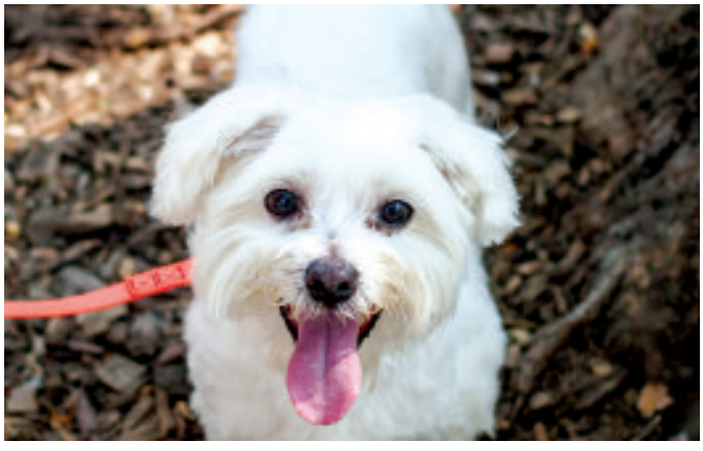
The case was filed in 2003 by the five black and Hispanic men who, as teenagers, were convicted of the brutal 1989 rape of Trisha Meili in Central Park after four of them confessed during lengthy police interrogations. The shocking assault made national headlines.

Protest for Central Park Five
GETTY IMAGES

The convictions were overturned in 2002, after a serial rapist in prison for other crimes admitted to the attack and his DNA was found to match evidence collected from the scene. By then, the men had been released from prison after serving various sentences.

Despite calls from civil rights leaders and other critics, Mayor Michael Bloomberg's administration has declined to settle, with its lawyers insisting that the city cannot be held liable for a properly conducted investigation.

REUTERS



Adopt a pet with Metro and ASPCA

Unlike his namesake, Turtle is always exploring the world around him. He is not shy about announcing his arrival when he visits new places, but exercising should help to calm him down. To adopt Turtle, stop by the ASPCA Center at 424 E. 92nd St. or visit www.adoptaspca.org. / ASPCA

Drive-by shooting

Bullet flies through school bus in Harlem

A school bus carrying children got caught in the middle of a drive-by shooting Monday in Harlem, with a bullet piercing its roof.

Shots were fired on East 127th Street about 4:20 p.m. One of the bullets went through the bus' roof, the New York Post reported.

There were 10 students, between the ages of 5 and 10, from the Choir Academy of Harlem inside the bus.

Police were searching for the gunman on Monday night.

LAURA SHIN

In honor of

Sports field named for boy

A Queens sports field was renamed in honor of a boy who died last year after a scrape on his arm led to sepsis.

Rory Staunton was a student in Jackson Heights who used the field on a daily basis.

LAURA SHIN

Why Rent?

Choose from Classic's Complete Line of Brand New Homes in the Poconos!

All our new homes include up to 4 bedrooms, 2½ baths, garage, living room, dining room, complete appliance package, Central Air and Heat, landscaping, and a host of features. including permitting, driveway and well -- all included in the purchase price!

THE ALL NEW MILLBURN

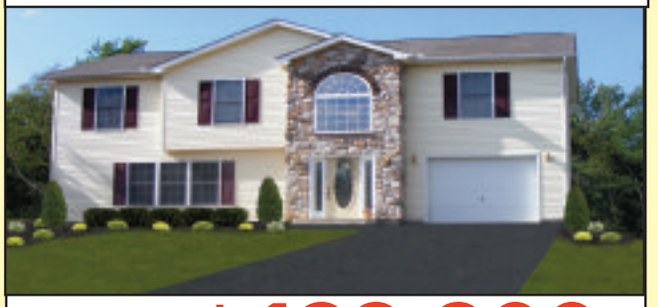
NOW $194,500

2,393 SQ. FT. • COVERED FRONT PORCH

$6,808 DOWN PAYMENT

$1,589* per month pays all including principal, interest, taxes and insurance!

THE ALL NEW COUNTRY HOME



NOW $199,900

2,681 SQ. FT. • LARGE OPEN FOYER

$7,000 DOWN PAYMENT

$1,620* per month pays all including principal, interest, taxes and insurance!

THE ALL NEW HOMESTEAD

now $273,900

3,392 SQ. FT. • 4 BR PLUS SPACIOUS LOFT

$9,586 DOWN PAYMENT

$2100 per month pays all including principal, interest, taxes and insurance!

THE ALL NEW HERITAGE

now $283,500

3,422 SQ. FT. • CLASSIC STONE TOWER

$12,500 DOWN PAYMENT

$2,171* per month pays all including principal, interest, taxes and insurance!

Buy a new home now -- Get up to $5,000 toward Closing Costs!

LOW PROPERTY TAXES! EXPRESS COMMUTER BUSES (4 per hour) 90 mins to NYC!

CLASSIC QUALITY HOMES

Call toll free

1-800-276-4000

Visit our all-new website:

www.classicqualityhomes.com

* Monthly payments based on FHA 30 yr. fixed interest rate of 4.3% with 4.8% APR with a finance cap of $271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available.

Kenya says mall militants ‘defeated,’ five dead, 11 held

Kenyan soldiers clear the top floor balcony and interior of the Westgate mall yesterday. / GETTY IMAGES

The attack. It’s the worst such incident in Kenya since al-Qaida bombed the U.S. Embassy in ‘98.

Kenya’s president said yesterday that his forces had “defeated” Islamists from Somalia’s al Shabaab, had shot five of them dead and detained 11 others suspected of killing 67 people after storming a Nairobi shopping mall.

It remained unclear after Uhuru Kenyatta addressed the nation on television whether the four-day security operation at the upmarket Westgate center was completely over, or whether any militants were still at large or hostages unaccounted for.

“We have ashamed and defeated our attackers,” Kenyatta said, adding that bodies were still trapped under rubble following the collapse of part of the building late in the operation.

Sixty-one civilians and six security personnel had been confirmed killed in the four days of bloodshed, Kenyatta said. REUTERS

Support

Somali prime minister calls for aid to combat al Shabaab

Somalia’s prime minister appealed yesterday for international support to combat al Shabaab militants but said a military solution to their insurgency alone was not enough.

Addressing the U.N. Human Rights Council in Geneva, Abdi Farah Shirdon denounced what he called the “cowardly attack” by al Shabaab militants on a shopping mall in the Kenyan capital Nairobi and said those responsible must be held accountable.

He praised the 17,000-strong African peacekeeping force deployed in Somalia for improving security and fighting al Shabaab, who he said were now weakened.

Armored vehicles

U.N. envoy for Somalia seeks resources to combat al Shabaab

African troops in Somalia require helicopters and armored vehicles to counter al Shabaab, the U.N. envoy for Somalia said yesterday.

Nicholas Kay, U.N. special representative for Somalia, said more troops may also be necessary and called specifically for targeting three ports along the Somali coast that he said were operated by al Shabaab for illicit trade.

DERMATOLOGY
Medical, Cosmetic & Surgical Dermatology
All Skin Disorders • All Nail Disorders • All Hair Disorders • All Skin Growths

- Acne
- Cysts
- Warts
- Vitiligo
- Herpes
- Rashes
- Eczema
- Psoriasis
- Hair Loss
- Seborrhea
- Aging Skin
- Birthmarks
- VD & STDs
- Skin Cancer
- Skin Growths
- Genital Warts
- Skin Allergies
- Nail Disorders
- Mole Removal
- Chemical Peels
- Leg Vein Removal
- Broken Blood Vessels
- Red Spots
- Torn & Split Earlobe Repair
- Custom Skin Care
- Scar Correction
- Scalp Conditions
- Fungal Conditions
- Wrinkle Treatment
- Tumors & Growths
- White & Dark Spots
- Complexion Problems
- Laser Treatments
- Restylane
- Hair Removal
- Botox/Collagen
- Skin Rejuvenation
- Cosmetic Skin Surgery
- Laser Peels

All Insurance Plans, Unions, HMOs, PPOs Medicare & Medicaid Accepted
Day, Evening & Weekend Appointments Available
Board Certified / University Affiliated

Advanced Dermatology associates PARKCHESTER
1455 West Avenue, Bronx, NY 10462 • Tel: 718-239-1500
Right next to the Post Office and Macys

Bronx: Co-op City
2100 Bartow Ave., Suite 211,
Bay Plaza Shopping Center
718.671.1000

Midtown Manhattan
200 Central Park South, Ste 107
Corner of 7th Ave & 59 St.
212.262.2500

Bronx: Third Ave
291 E. 149th Street,
Bet. Cortland & Morris
718.742.1000

www.adv-derm.com
1.800.545.SKIN (7546)

STARLIGHT MUSIC SERIES
WEDNESDAYS, SEPTEMBER 18 & 25, OCTOBER 2 & 9

Enjoy live music from 8:30–10:30pm while taking in the spectacular, 360-degree panorama of New York City. Wine and champagne will be available for purchase from Brasserie Ruhlmann. The Starlight Music Series is free with the price of admission to Top of the Rock.

Performance Schedule:
September 18th:
TJ Smith

September 25th:
Sarah Elizabeth Charles Quartet

October 2nd:
Measure

October 9th:
Rocket and The Ghost

Observation Deck at Rockefeller Center®
50th Street between 5th and 6th Avenue

For more information and to purchase tickets, visit topoftherocknyc.com or call (212) 698-2000

TOP OF THE ROCK®

Facebook, other banned websites to open in China free-trade zone

Social network. For Facebook, China represents an important new market for growth.

The FTZ zone will be formally launched on Sept. 29, the Securities Times reported earlier this month. / GETTY IMAGES

Facebook, Twitter and other websites deemed sensitive and blocked by the Chinese government will be accessible in a planned free-trade zone in Shanghai, the South China Morning Post reported yesterday.

Citing unidentified government sources, the newspaper also said authorities would welcome bids from foreign telecom firms for licences to provide Internet services in the zone.

China's ruling Communist Party aggressively censors the Internet, routinely deleting online postings and blocking access to websites it deems inappropriate or politically sensitive.

Facebook and Twitter were blocked by Beijing in mid-2009 following deadly riots in the province of Xinjiang that authorities say were abetted by the social networking sites.

The New York Times has been blocked since reporting last year that the family of then-Premier Wen Jiabao had amassed a huge fortune.

The recently approved Shanghai FTZ is slated to be a test bed for convertibility of China's yuan currency and further liberalization of interest rates, as well as reforms of foreign direct investment and taxation, the State Council, or cabinet, has said.

The idea of unblocking websites in the FTZ was to make foreigners "feel like at home," the South China Morning Post quoted a government source as saying. **REUTERS**

Reboot

Apple updates iMac with Intel processors

Apple Inc. refreshed its lineup of iMac desktop computers with new Intel processors that is says are up to 70 percent faster.

The new iMac line will also include new Thunderbolt ports **REUTERS**

Eww. BlackBerry? Like, so not cool, say younger users

If you want to know how BlackBerry lost its mojo in a major consumer market, spend some time with a bunch of British teens.

The phone that once dominated Britain's youth market that its messaging service BBM was blamed in 2011 for connecting young rioters who fought police and wrecked shops in London, has now lost its cool.

BlackBerry has been usurped by Apple and Android phones, and BBM has been eclipsed by free messaging apps. **REUTERS**

WEEKEND CLASSES
Last Chance to Enroll for September!
Medical Assisting, Business Management, Paralegal Studies, Massage Therapy
CALL TODAY
(866) 237-7037 mildred-elley.edu
GI Bill Approved
Accredited Member, ACICS
25 Broadway, Floor 16
New York, NY
MILDRED ELLEY
A career college in NYC
The Power to Change Your Life
For program details and disclosures visit mildred-elley.edu/disclosures

NO GED? NO PROBLEM!
Get your Medical Assisting, Business Management or Paralegal Studies Degree and your high school equivalency diploma at the same time.
ENROLL TODAY!
(866) 210-1579 mildred-elley.edu
GI Bill Approved
Accredited Member, ACICS
25 Broadway, Floor 16
New York, NY
MILDRED ELLEY
A career college in NYC
The Power to Change Your Life
For Albany extension program details and disclosures visit mildred-elley.edu/disclosures

MILDRED ELLEY NEW Online Courses: transcription and coding careers. Call to learn more! (888) 414-6154 MILDRED ELLEY

CUNY School of Professional Studies
DISABILITY STUDIES
Master's Degree
Bachelor's Degree
Graduate Certificate

Improve the lives of people with disabilities and develop your career path with convenient courses at an affordable tuition rate.

Courses available in-person and online

INFO SESSION:
October 2 @ 6:00pm
365 5th Ave., Room C201/2, NYC
Want to attend this event online? Contact us to learn how.

FOR MORE INFORMATION:
212.652.CUNY
information@sps.cuny.edu
sps.cuny.edu/disability

CUNY

Nuke deal

Obama pledges diplomacy with Iran

President Barack Obama said yesterday the United States was ready to engage diplomatically with longtime foe Iran, but he put the onus on the new Iranian president to prove he is serious about pursuing a nuclear deal.

Striking a cautiously optimistic tone in a speech to the United Nations General Assembly, Obama said he was determined to test President Hassan Rouhani's recent overtures and challenged him to take concrete steps toward resolving Iran's long-running nuclear dispute with the West. **REUTERS**

Diplomats

Kerry to sign UN Arms Trade Treaty

Secretary of State John Kerry, in a move that puts the administration at odds with the powerful American gun lobby, will sign the U.N. Arms Trade Treaty regulating the $70 billion international conventional arms business, diplomats said yesterday.

The United States and 86 other signatory nations "must implement the treaty and bring to an end the supply of weapons to countries where they would be used to commit or facilitate genocide, crimes against humanity, war crimes or other serious human rights violations," Amnesty International Secretary General Salil Shetty said. **REUTERS**

Obama urges UN to back tough actions for Syrian chemical weapons

President Barack Obama speaks at the U.N. General Assembly yesterday in New York City. / GETTY IMAGES

Help. The U.S. will provide $339 million more in humanitarian aid to Syrian refugee crisis.

President Barack Obama urged the United Nations yesterday to back tough consequences for Syria if it refuses to give up chemical weapons and urged Russia and Iran to drop their backing of Syrian President Bashar al-Assad.

Speaking to the U.N. General Assembly, an annual gathering of world leaders, Obama laid out U.S. priorities for the volatile Middle East and North Africa. He stressed that the United States wants diplomatic outcomes to festering disputes, but does not rule out the use of military force or direct action against extremist threats.

Obama stepped back from launching unilateral military action against Syria early this month, setting in motion a diplomatic effort that led to Russian assistance in persuading Syria to agree to give up its chemical weapons after a poison gas attack on Aug. 21 that U.S. officials say killed 1,429 people.

With Syria's promise not yet fulfilled, Obama's challenge at the United Nations was to persuade world leaders to join in applying pressure on Syria with a U.N. Security Council resolution that includes tough consequences should Assad not surrender his chemical weapons stockpiles in a verifiable way. **REUTERS**

Our window is stronger than it has to be.

We test it to withstand...

120 mph whipping winds...

-20° Arctic temperatures...

and 8" of soaking rain an hour

- As the **replacement window division of Andersen,** we promise you a window that's been tested to last.*
- You only want to do this job once, so we made our windows' Fibrex® material **twice as strong as vinyl.**

Offer ENDS October 20th

5 YEARS NO INTEREST[1]

OR

SAVE 20% ON WINDOWS & INSTALLATION[1]

With our Instant Product Rewards Plan. Offer expires: 10/20/13

Renewal by Andersen WINDOW REPLACEMENT an Andersen Company

Call for your FREE Window Diagnosis

1-800-357-3815

[1]Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas, discount applied by retailer representative at time of contract execution and applies to minimum purchase of 5 or more windows. Offer does not include bay/bow windows. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 10/20/13, with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 60 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 60 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License#: 1244514. Nassau Consumer Affairs License #: H081015000. Suffolk Consumer Affairs License #: 43991-H. NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. *A PG25 pressure differential applied to the windows (48" x 48" size) in the lab on structural test only. Most Renewal by Andersen double-hung, picture and casement windows meet this structural performance. Temperature performance tested in differential chamber. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2013 Andersen Corporation. All rights reserved. ©2013 Lead Surge LLC. All rights reserved. *See limited warranty for details.

Today's winner

To enter your submission for the Metro Photo Challenge to win a trip to Ghana, go to **www.metrophotochallenge.com.**

'Street performers in NYC'

Majed Alfaraj, New York City, Category: Sight

Burger King offering lower-fat french fries

Low-cal. The chain is introducing a version of french fries that are lower in calories and fat.

Satisfries, a new lower-calorie and lower-fat french fry from the fast food restaurant chain Burger King, debuted yesterday. / GETTY IMAGES

Burger King Worldwide Inc., known for its Whopper hamburgers, is introducing lower-fat french fries, as consumer groups in the United States increase pressure on the food industry to offer healthier alternatives.

The hamburger chain said the fries contain 40 percent less fat and 30 percent fewer calories than those sold by McDonald's.

More than one-third of Americans are obese, and about 10 percent of the nation's healthcare bill is tied to obesity-related diseases, such as type 2 diabetes, heart disease and hypertension, according to the Organization for Economic Co-operation and Development.

As a result, health and parents' groups are lobbying to try to bring about change in the U.S. food and beverage industries.

Last week, first lady Michelle Obama asked television and food company executives at a White House gathering to sell youngsters on healthy food with the pitch: "If anyone can make our kids eat their vegetables, it's all of you."

In 2011, the Federal Trade Commission failed to get food and beverage makers to agree to voluntary guidelines on marketing to children. Since then, there have been various initiatives by individual companies or business coalitions to reduce calories in their products or set a code of conduct on marketing. **REUTERS**

CTBC Mortgage Loan

Our Mortgage Solutions Are A Dream Come True For You

Fixed Rate Program:

- Purchase – Waived $1,100 Lender Fees*
- Refinance – $0 Costs, 0% Points*

For more information, please call
1-888-618-2822

*Effective Date: 7/15/2013 to 10/15/2013. For new submission between 7/15/2013 to 10/15/2013. Fannie Mae product only. Waive $1,100 lender fee for Purchase transaction. $0 cost 0% points for Refinances transaction. This fee waived promotion cannot combine with other offers. Minimum loan amount equal or greater than $250K. New York mortgage Tax is not included. Terms and conditions apply.

www.ctbcbankusa.com CTBC Bank Corp. (USA) Member FDIC

CTBC BANK

ADVERTISEMENT Bankrate.com

METRO NEW YORK CD & DEPOSIT GUIDE

Yields Available to New York Area Residents *Check rates daily at http://metronewyork.interest.com*

Institution/Phone	Address/Internet	Int Chking Acct Min	Money Mkt Acct Min	3 mo CD Min	6 mo CD Min	12 mo CD Min	18 mo CD Min	24 mo CD Min	36 mo CD Min	60 mo CD Min
GE Capital Retail Bank		NA	0.85	0.40	0.65	1.05	NA	1.15	1.25	1.80
800-869-3813	www.gecrb.com	NA	25,000	25,000	25,000	25,000	NA	25,000	25,000	25,000
Specials: Use code BRCD; Member FDIC										

Legend: Rates effective as of 9/23/13 and may change without notice. All institutions are FDIC or NCUA insured. Rates may change after the account is opened. N/A means rates are not available or not offered at press time. Yields represent annual percentage yield (APY) paid by participating institutions. Fees may reduce the earnings on the account. A penalty may be imposed for early withdrawal. Banks, Thrifts and credit unions pay to advertise in this guide which is compiled by Bankrate.com®, a publication of Bankrate, Inc. © 2013. **To appear in this table, call 888-768-4243. To report any inaccuracies, call 888-509-4636. •** ***http://metronewyork.interest.com***

Say Goodbye to Painful Varicose Veins!

Do you suffer from:

- Varicose Veins • Spider Veins
- Itching and Burning
- Leg Pain and Cramps
- Heaviness and Swelling
- Skin Discoloration
- Ulcers and Blood Clots

You may have a serious medical condition, called Venous insufficiency.

USA Vein Clinics Will Help!

With a non-surgical, minimally invasive and painless procedure, that takes only 15 minutes! Covered by Medicare and most insurance plans up to 100%!

USA Vein Clinics

Call 718.732.0231
www.USAVeinClinics.com

116-02 Queens Blvd, Forest Hills
1153 First Ave, Manhattan
2511 Ocean Ave, Suite 102, Brooklyn

You Don't Have to Live With
Varicose Veins

Eliminate painful, unsightly varicose veins, skin changes or even ulcers with Endovenous Laser Therapy (EVLT).

Advantages of Endovenous Laser Therapy (EVLT):

- Relief of Symptoms and leg pain
- Short procedure (15 minutes)
- No Surgery • No down time
- No general anesthesia
- No hospitalization required. The procedure is performed at out clinic
- Resumption of normal activities right away
- Covered by Medicare and most insurance plans

Do Not Postpone Treatment

Varicose veins can start out as a seemingly small problem, but left untreated, can become much more serious. Complications of varicose veins may include ulcers. These may form on the skin near the affected veins, particularly near the ankles.

They are caused by fluid build-up in the dysfunctional veins and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today by calling (718) 732-0231

NY group seeks middle

Murky center. Appleseed tries to straddle the divide between a country that is split on guns.

In a basement classroom of the Westside Rifle and Pistol Range, near the Flatiron Building in New York City, students are being given a lesson in early American history. It has a lot to do with guns.

There are 14 students in the classroom, seven women and seven men. The students have paid less than the price of an average New York dinner to spend three hours together, to learn how to shoot a small caliber rifle and take a rose-tinted walk through the history of the founding of the United States.

This is Project Appleseed, created by the Revolutionary War Veterans Association, dedicated to spreading the art of rifle marksmanship and its place in American history. A mission the group describes on its website is a bulwark against "American ignorance and apathy." It speaks volumes about the Appleseed volunteers that the group doesn't descend into some thin-veiled, if well-armed, Tea Party propaganda machine.

For an hour, instructor Dan Boyle, K-Dan for short, walks the group through a fractured history of the American Revolutionary War. The group discusses the minutemen, and Paul Revere, as well as the Boston Massacre. ("How do we know a British soldier fired the first shot? Because he missed!") The group talks about self-reliance and the evolution of guns and rifles over the past 200 years, and Boyle explains the parts of a model .22 rifle that he holds in his hands.

One student, the wife of another attendee, explains that while she is terrified of guns, her husband wants to buy one and she wants to learn more before they make the purchase. She is exactly, Boyle points out, the kind of person that Appleseeds is trying to reach.

What Appleseed members say they are about, beyond the history lesson and target practice, is "personal responsibility."

For Boyle, the choice of that responsibility lies with gun owners. It's how, rifle in hand, he can point to a box of zombie target posters in the basement and reduce the targets to nothing without betraying the ideals that brought him here to teach in the first place. The posters, he explained, are often used as stand-ins for "liberals" in a segment of extreme Second Amendment supporters.

"I find the whole 'zombie' thing in poor taste," Boyle said. "It impersonalizes the other side. It's absolutely threatening to people who don't agree with you, when these pro-Second Amendment guys who stand around talking about how 'Liberalism is a disease,' and then in the next breath talk about zombies. It's not difficult to make the connection. I mean, what are we talking about? We're talking about killing our neighbors. I find it embarrassing."

Project Appleseed, and

Powerful weapon

"The first step is to be honest about what a gun is. When people say, 'It's just a tool,' that's a bit disingenuous, in my opinion." Boyle

"Shoot Boss" Nick Cirillo instructs New York Project Appleseed members on marksmanship and proper gun safety. / AARON ADLER, METRO

Guns in our cities

Following the trail of our bloody streets

Boston, Philadelphia, New York City: Three different cities with a common problem. Gun violence has destroyed the lives of countless individuals on our streets and wrought devastation across our neighborhoods, searing itself into their fabric.

Today, Metro continues our weeklong look at the impact gun violence has had on those cities in the aftermath of the massacre at the Washington, D.C., Navy Yard. **THE EDITORS**

Boston gun instructor calls for training

A pro-gun group rallies in Boston earlier this year. / JIM IRVINE

Matthew DeVito, president and lead instructor at Down Range Firearms Training in Woburn, Mass., finds it hard to get behind the commonwealth's recently proposed firearm restrictions, as he doesn't believe they will reduce gun violence, but rather needlessly limit people's right to legally bare arms.

"All [the laws] are doing is making it harder for legal, law-abiding citizens to purchase firearms — but nothing is done to cut down on crime and crack down on criminals that use them illegally," said DeVito, who travels the nation training law enforcement officers and civilians on proper firearm use.

One of the biggest problems with the proposed restrictions, he believes, is that they are based on fear and misinformation propagated by non-gun owners.

Big changes

26

The number of changes proposed to Massachusetts state gun law as part of "An Act to Combat Gun Violence," introduced by Dan Conley, Suffolk County District Attorney

"It's unfortunate because it's an irrational fear that causes more restrictive gun laws. Most people are not doing any homework, but rather are doing things to appease people, and that's the real issue when you boil it down and look at facts and numbers," he said.

Rather than implementing new gun restrictions, DeVito believes a shift in attitude and an emphasis on firearm safety and education in Massachusetts is key to lowering instances of gun violence.

Massachusetts organizations like Gun Owners Action League (GOAL) and Commonwealth Second Amendment (Comm2A) are working to turn things around, he said.

"We need to spread awareness in the community and practice gun safety. More youth and 'women on target' programs that encourage females, without the ego of males, on the shooting range are important," DeVito said. "Through education, we let people know that it's a gun, not a toy, and that people need to use them properly and safely in all aspects of life." **MORGAN ROUSSEAU**

ground in gun debate

organizations like it, represent the closest thing to a middle ground in the gun debate that there is in the country right now. It's a place where the debate can be stripped of its caustic rhetoric and returned to something approaching rational conversation as novices learn the pros and cons of gun ownership.

"Liberty taken to the extreme is not a good thing," Boyle said to the class, laying out what might be Project Appleseed's most important lesson of all. "We are not 'armed,' the Second amendment not withstanding, against our government with weapons. What we are armed with is information and the vote," he says, adding before he dismisses class, "If you ignore your rights, they'll go away."

KIT DILLON
letters@metro.us

In Philadelphia

A Girl & A Gun 'empowers' women shooters

Montgomery County's A Girl & A Gun women's shooting league tries to keep politics out of its activities.

But league director Adrienne Nicotera said the bigger picture is certainly on her mind.

"You have bad apples who spoil the bunch," the Abington pediatric nurse said.

A Girl & A Gun, a nationwide organization with roots in Texas, gives women a controlled environment to shoot in what Nicotera calls a "male-driven sport."

Prior to her involvement with the group, Nicotera didn't even want to touch a gun — let alone have one in the house like her Army husband wanted. He convinced her to take a basic pistol course. Now, she owns her own guns and is an NRA-certified pistol instructor.

"It's just very empowering," Nicotera said. "I could have the worst day ever and go shooting and come out with a smile on my face."

Adrienne Nicotera of A Girl & A Gun takes firing practice. / COURTESY OF ADRIENNE NICOTERA

Quoted

"It's just very empowering. I could have the worst day ever and go shooting and come out with a smile on my face."
Nicotera

She's admitted a few of the women in her suburban Philadelphia league weren't too pleased with Starbucks CEO Howard Schultz's recent request that customers no longer bring guns into his stores. But Nicotera said that's his right.

"I can understand that with everything that's been going on lately," she said. "It makes people uncomfortable and that's all right."

Nicotera said better background checks should be in place, but she doesn't want it too difficult to get a gun.

"The harder they make it for an honest person to get a gun," she explains, "it's just going to make it even harder for us to defend ourselves. No matter what, there are always going to be illegal gun sales, and it just makes it difficult for anybody who is responsible and uses guns in a controlled environment. The bad guys will always find a way to get a gun. I don't know how they can stop it."

For the time being, Nicotera is just trying to hone her own controlled-environment shooting skills to maybe even start competing.

"I feel accomplished. I feel like I can do this," she said. "If you would have told me a year ago that I would be where I am today, I would say, 'No way.'"

CHRISTINA PACIOLLA

ZOOM WHITENING SALE

ONLY $99 *when you come in for a cleaning, x-ray & exam

Who said you can't wear White after Labor day?

Offer Lasts 1 Week! Expires 9/30/13

MDS Manhattan Dental Spa

1 NYC WHITENING CENTER
most insurances accepted
www.manhattandentalspa.com

200 Madison Ave, New York, Suite 2201
212-683-2530

2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Mindy Kaling is learning and Liam Payne is worried for his fans' safety.

@mindykaling: I just learned the difference between poisonous and venomous. Worth checking out. This isn't a joke just because it sounds boring.

@Real_Liam_Payne: Girls behind the hotel please get out the fields there's a huge sign saying snake habitat it's just not worth it someone's gunna get hurt

1 Pharrell Williams isn't afraid to go mainstream

Don't give Pharrell Williams any grief for collaborating with mainstream hit-makers.

"People have told me. 'Why are you working with 'Nsync?' Look at who Justin Timberlake is now. They told me, 'Don't work with Britney Spears.' She had a record being played on black radio. So I don't care about what people think. I care about what I can do, and what I can actually produce," Pharrell told Metro at the new nightlife planner app YPlan's release party last week at Lower East Side hot spot FINALE.

He'll even take on One Direction. When we asked him about the rumors that are swirling around their possible collaboration, he seems to echo the same feelings for the group as their tween fan base. "I have met them and I think they are incredibly talented. Would I work with them? Absolutely," he said. "If that happens, it would be super awesome — but if it doesn't, I really respect them and Simon [Cowell] knows what he's doing, man. And I tell you what. Harry Styles is super talented and so is Liam."

Metro/Maja Lundager

PHARRELL WILLIAMS ISN'T TOO COOL TO WORK WITH ONE DIRECTION.
GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

KANYE WEST
GETTY IMAGES

3 Kanye is bigger than Michael Jackson?

Kanye West is kind of a big deal, at least according to Kanye West, who refers to himself as "the No. 1 rock star on the planet" in an interview with BBC Radio 1. "I've got to a point that Michael Jackson did not break down. I have reached the glass ceiling, as a creative person, as a celebrity. … And I've been at it for 10 years," he says. "I look around and I say, 'Wait a minute. There's no one around here that looks like me. And if they are, they're quiet as f—.'"

4 Nick Carter opens up about Paris Hilton, new reality TV show plans

Nick Carter wasn't shy about naming names in his new memoir, "Facing the Music and Living to Talk About It." In the book, excerpted in In Touch last week, the Backstreet Boy writes that his ex-girlfriend Paris Hilton "was the worst person in the world for me to hook up with." And as Carter tells us, there's a reason he wanted to get everything out in the open. "Everyone knew about what was going on," the singer told us at an NYC Barnes and Noble on Monday. "We just weren't meant for each other at that time. It wasn't the right dynamic. It fed off of each other's faults and depression and misery."

NICK CARTER
GETTY IMAGES

But that's not to say he's pointing the finger at Hilton for his former substance abuse issues. "I wasn't blaming anyone, even her, for the way I was. Ultimately I had to assume the responsibility."

Things are now on the up for Carter. He's engaged to fitness pro Lauren Kitt, and the two are working on a reality show about their journey to the altar. "VH1 is really interested," he told us.

Metro/Meredith Engel

Talking points

Cyrus can 'dance a lot better'

Miley Cyrus has some good news for folks who weren't fans of her MTV Video Music Awards performance earlier this month: You won't see that again. "Now people expect me to come out and twerk with my tongue out all the time. I'll probably never do that s— again," she tells Rolling Stone. And as for criticism over the actual performance? "I wasn't trying to be sexy," she says. "If I was trying to be sexy, I could have been sexy."

What Alba wishes about her body

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two. "I was a lot more critical of my body when it was probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jean shorts? That's so crazy!"

Harris goes on a hosting hiatus

Frequent awards show host Neil Patrick Harris may be looking to make that a little less frequent after this weekend's Emmys. "Emceeing the Emmys was fun, but I'm sure glad it's over," he posted to Twitter. "Looking forward to not hosting anything for a long time."

DON'T BE SCARRED, BE CONFIDENT!

Lexington Plastic Surgeons
Your complete scar care treatment facility

VISIT LEXINGTON PLASTIC SURGEONS FOR YOUR CUSTOMIZED TREATMENT

Get rid of unsightly scars once and for all.
• Keloids • Burns • Rosacea
• Acne Scars • Stretch Marks
• Port Wine Stains

www.LexingtonPlasticSurgeons.com
1-888-571-9178
most insurance accepted

TONY DANZA

The star of stage and screen was directed by Joseph Gordon-Levitt in "Don Jon."

GORDON-LEVITT'S THE BOSS

GETTY IMAGES

A few weeks ago, "Taxi" turned 35. That and "Who's the Boss?" are what Tony Danza is best known for — but he's always been busy. A onetime boxer who stumbled into acting, he's been a somewhat surprising stage star. He's currently prepping a musical version of the 1992 film "Honeymoon in Vegas," with him in the James Caan role. He also spent a year teaching at a Philadelphia high school, which produced both the reality series "Teach: Tony Danza" and a book on his experiences. This weekend he returns to a medium that hasn't always treated him well: movies, playing Joseph Gordon-Levitt's dad in "Don Jon."

You've been busy with stage work.
It's all I want to do. When we were on "Taxi," we used to talk of ourselves as a repertory company. When "Who's the Boss?" went off the air, I did a play that came to New York. Once you do a play in New York, that's it. The first time, I was hooked."

How does stage compare to TV work?
The thing that's great about a sitcom is it's like doing a little play every week. But with plays it's that repetition that makes it so exciting. It reveals itself down the road. I'm a dancer as well, and I love when something's in your bones and you don't have to think about it. The only way you can do that is by doing it a hundred times. That's what's sad about being reviewed when you're just starting as opposed to being reviewed after you've done it for a while.

Your character in "Don Jon" isn't very redemptive.
He's not redemptive at all. But everybody you play, you love. Tommy Korman in "Honeymoon in Vegas" is a manipulator and not a nice guy, and at the end he actually gets rough. But I love him. I don't think you can be out there if you don't love the guy. With Jon Sr. here — I know people like him. We're all a bit like him. We're a little bit disconnected, a bit less reciprocal than we'd like to be. He's just a bit more extreme than most.

How was Gordon-Levitt as a director?
He's terrific. He wrote a movie that captures the culture of the minute, and makes us laugh, and there's a message. ... He's not proselytizing, but it's there. It's a cautionary tale, a comment on society. ... It's exactly what you don't want to end up like. And then he directed it? Wow! Joe's got a vision. He said to me, "I want these scenes to crack. I want them to snap. I don't want to see Tony Danza." We did a take and [he] said, "I still like ya, get rid of that."

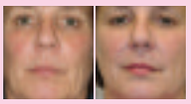
MATT PRIGGE
matt.prigge@metro.us

Joe as a kid

You and Gordon-Levitt met while shooting "Angels in the Outfield." What was he like then?
He was just a sweet kid. He's always been a sweet kid. ... He was following the director around when he was 12 years old. He wanted to do this. This is the culmination. ... I already got the job, so I don't really have to do this, but I think he's a terrific talent.

TURN BACK THE CLOCK WITH 50% OFF ANTI-AGING TREATMENTS
spa Jolie
Anti-Aging, Laser and Slimming Center
for men and women

- Fractional for face.. permenant..reduces fine lines.. tighten large pores $75
- Thermage for face… one time treatment…lifts sagging skin $899

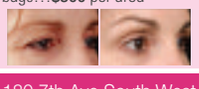


- Gentle Wave…reduce eye discoloration…10 treatments $199

$20 Recession Specials
Manicure and pedicure
Waxing Brazilian, back, chest, full legs, full arms or buttocks area

Slimming Specials...
permanent and painless
- Zerona… lose 3-9 inches in 2 weeks.. guaranteed 9 sesssions..$399
- Fat blaster melt fat and reduce cellulite permanently and painlessly 6 sessions for $399

50% off anti aging treatments:
- Collogen mini facial…$25
- Anti aging…7 minute lift… temporally reduces lines… immediate results…$25
- Clear and brilliant… permanent…builds collagen, reverse and prevent aging, reduces pigments…$199 per
- Thermage for eyes… In just 1 session…eye brow lift, crows feet or reduce eye bags…$399 per area



$50 Spa Specials
- Deep pore facial
- 45 minute massage
- Slimming body wrap includes mini facial
- Laser hair removal for face or underarms

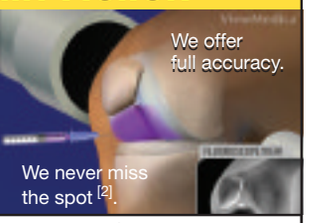
Laser Hair Removal...choose any areas...mix and match.. 6 for $399
Full body wax..$59

Become a Spa Jolie member! FREE treatment with membership

180 7th Ave South West Village, btwn W 11th St & Perry St | 212 229-0399
We will beat all competitors by 10%

Knee Arthritis Pain?
End Your Knee Pain Without Painful, Risky Surgery!
"Your #1 Choice for Non-Surgical Osteo-Arthritis Knee Pain Relief."

Why You Should Choose Us Today
- Precision is the difference. Experience it!
- No blind injections. We always hit the mark.
- X-ray guided procedure ensures accuracy
- Virtually painless with outstanding results



[2] Result may vary. Prior results cannot guarantee future outcomes.
Free Phone Consultation
To see a video of this incredible procedure visit:
www.KneesofNY.com
General 1 Medical P.C.

Most PPO insurances will cover this treatment*. We work with:
CIGNA PPO, GHI, BlueCross BlueShield PPO, UnitedHealthcare PPO, MSHIP, Aetna PPO, Empire, Oxford Health PPO, Medicare Part B
*Coinsurance and deductible apply.
Most Insurances Accepted
Worker's Comp Accepted

800-458-1169
Call today to schedule your consultation!
130 William Street., Suite 903
Btw. Fulton & John St. - NYC 10038
Accessible by:
1 2 3 4 5 6 A C E J Z

Scan to Win!

"You too can have a Natural Gorgeous *sexy* Smile for as low as $99/month by NEW 3D imaging CAD/CAM *Laser* @ Relaxing Holistic Park Ave Dental Spa!*

Dental Plan: Reduced to only $20 per month!

"I had a Quick, Comfortable, Pleasant visit"

Call 212-779-3493 24/7

Book www.SmileArtistNY.com

50% off ends 9/30/13 Enter to Win!

invisalign Express

Straight Teeth in 5 months, No Braces!* OR

FAST instant Braces for only $1999

Implants/2 visit *Extreme Smile MakeOver*

Proven *Laser * Dentistry*

BEST Fees & Quality *Guaranteed* on all procedures as low as $999

ZOOM! Whitening

Save was 650

Now Only $199 – Exam/Cleaning $49

snap on smile or

Natural Strong Dentures as low as $999

LUMINEERS BY CERINATE Porcelain Veneers

Discover

Natural Veneers as low as $999

CEREC One-visit dentistry

Whiten all Silver Fillings/ as low as $999

Treatment of pain, Bad Breath/Halitosis, Gummy Smile, Gingivitis. Laser Dentistry, and 500+ other treatments.

*Promotions end 9/30/13. Must qualify. Limitations apply. Not all patients qualify for the same treatments.

A slacker abroad

Interview. Stephen Dorff journeys to Israel to play a pilot befriending a Palestinian boy in "Zaytoun."

A longtime slacker icon known for "S.F.W.," John Waters' "Cecil B. Demented" and Sofia Coppola's "Somewhere," Stephen Dorff shifts gears for Eran Riklis' "Zaytoun." In the Israeli drama, out now, he plays a pilot who escorts a young Palestinian boy (Abdallah El Akal) through the Middle East.

What prompted you to make "Zaytoun" and play this character?
I was moved by the script. I don't know why they wanted me to play an Israeli, but I like to make films outside Hollywood. At first I was hesitant. I feel it's a little strange to play someone like an Israeli.

How did you identify with and research the character of Yoni?
I knew how to play a pilot. And a pilot in the U.S. Air Force is similar. I learned Hebrew and the accent, worked with the government and air force there. I was allowed access to El Al captains who were captured and tortured around the time of the story. I learned the history leading up to 1982 [when the film is set].

Did your father being Jewish influence you to take the role?
My dad is Jewish, my mother is Catholic, but I didn't grow up religious. I'm sure my dad and grandparents are happy I made this Israeli film.

See more at www.metro.us

You spend a good part of the film handcuffed and wounded. How difficult was that to do?
That's not really difficult. Handcuffs just make you more physically restricted. It's makeup and props. What is hard is the chemistry, getting the story across and make it real and not melodramatic.

Filming in Israel

What was it like to make a film like this on location?
A few times when I went to the air force bases on the Lebanon border, there was action coming in from Gaza. If the sirens sounded, the [pilots] would be up in the air in five minutes and the meeting is over. They would warn me about that, but ultimately, that didn't happen.

NORTHEAST REGIONAL EPILEPSY GROUP

To control epilepsy you need the best treatment team.

At the **NORTHEAST REGIONAL EPILEPSY GROUP,** your team members are:

- All neurologists with specialty training in epilepsy
- Many selected Best Doctors of America
- More than 30,000 epilepsy patients treated.
- Hundreds of epilepsy surgeries successfully performed.
- One the largest epilepsy programs in the United States.
- More than 15 offices in 3 states

"My epilepsy did not respond to treatment for years. Since I switched to my new doctor, a Board Certified specialist in epilepsy, we are on the right track." -Brian

212-661-7486

www.epilepsygroup.com

www.epilepsylifelinks.com

Locations in New York, New Jersey and Connecticut

Do you struggle with **Diabetes** & **Weight?**

✓ *Are you taking oral medications for type 2 diabetes?*

✓ *Have you struggled to lose weight?*

The ENDO Trial

Doctors at The Friedman Diabetes Institute at Beth Israel Medical Center are accepting new participants for the ENDO Trial. If you are at least 50 lbs. overweight and currently taking oral medication for your type 2 diabetes, you may qualify to participate. The study is evaluating **EndoBarrier®** - an investigational, non-surgical medical device designed to decrease blood sugar and body weight.

There is no cost to participate, and all study-related care will be overseen by a team of specialists.

Take *the* Next Step
To learn more, please call: **1-888-978-8399**
or visit: **www.EndoBarrierTrial.com**

"I don't know why they wanted me, but I like to make films outside Hollywood," says Dorff, who stars in Israeli drama "Zaytoun."
GETTY IMAGES

Can you talk about your chemistry with the 15-year-old actor Abdallah El Akal?
[In the movie] we're two enemies who hate each other and connect in a human way and develop a friendship. It could have been a 9/11 terrorist and a New York City policeman. We found the perfect kid, who was very real and had a rawness. He was from the West Bank but was Arabic. His dad has two wives and he has 10 siblings. There was great energy he brought to the picture.

Most actors are warned not to co-star with children, but you did here and in "Somewhere."
It's a tricky thing. I think I've been lucky. Elle [Fanning, from "Somewhere"] is an ingenue, a gem, a brilliant natural actress with incredible instincts. Abdallah is much more of a real kid, with a complicated home life. He loves America, has an iPod and listens to hip-hop. He was a mensch.

GARY M. KRAMER
letters@metro.us

39...
no, really.

39th anniversary SALE.
Join before rates increase Oct.1.
Open House Sept. 25 — work out FREE!

1974 NYSC 2013
new york sports clubs®
MySportsClubs.com

RATE-LOCK GUARANTEE | Your monthly dues will never increase.

This is tobacco marketing.

It's a fact:
Kids who see it are 64% more likely to start smoking.

Source: Henriksen, Schleicher, Feighery and Fortmann. Pediatrics: The Official Journal of the American Academy of Pediatrics, July 19, 2010. DOI: 10.1542/peds.2009-3021

Our kids have seen enough.
Take action to protect them at
TobaccoFreeNYS.org

NYC COALITION FOR A SMOKE-FREE CITY
NYCSmokeFree.org

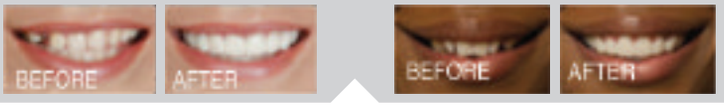
COME WHERE HOLLYWOOD GOES; THE IVY LEAGUE OF DENTISTS

Get your SNAP-ON smile from the inventor

SNAP-ON SMILE IS EXCELLENT FOR:

- Missing teeth
- Gaps, crooked or strained teeth
- Those who are not candidates for bridges or implants
- Anyone who would like a Hollywood smile without the expense and discomfort of complex and invasive dental procedures
- Anyone who has an old-fashioned removable partial denture and wants a beautiful, more comfortable alternative

Also EXPERTS in...
- Cosmetic Dentistry
- General Dentistry
- Endodontics
- Dental Implants
- Periodontics
- Invisalign



FREE CONSULTATION
and Preview of your Hollywood Smile (valued at $250)
- Flex Spending Accepted
- Most Insurances Accepted

In the heart of Lincoln Center
1995 Broadway, Suite 200
888-572-3418
www.manhattandentalarts.com

THINNING HAIR?
HAIR
Transplant
Made Easy!

USA Hair Clinics provides the next generation in hair transplant for both men and women. The most advanced FDA approved option for fuller, thicker head of hair.

Free Consultation with Hair Specialist

BENEFITS:
- Least invasive hair transplant procedure
- No scalpel incision
- No sutures or staples
- No wigs
- No unsightly linear scar
- Fastest recovery time, work the next day
- More natural looking hair

USA HAIR CLINICS
www.USAHairClinics.com
New York | Los Angeles
Boston | Chicago | Philadelphia
718-569-6649

All they need is Grouplove

Friends with benefits. Hard work is easy when with such close pals.

The first time Grouplove performed "together" they actually performed completely separately, according to bassist/vocalist Andrew Wessen. The five members of the L.A.-based indie band met at an artist commune in the summer of 2008, high up in the mountains in the tiny village of Abdou in Crete, where they instantly bonded.

"Somehow, out of all the crazy artists out there, we found each other," says Wessen. At the end of the summer, the commune threw a music festival, at which all five members performed individually. That was the last time they performed apart. Hell, that was the last time they've *been* apart.

Talking to Wessen, one sentiment is repeated: "This is all we have."

Grouplove, as their name implies, operate as a single unit, their relationships with each other so symbiotic that you get the idea that they might not function apart. That commitment to unity is reflected in their sophomore album, "Spreading Rumours," which they recorded in a rented house in the Hollywood Hills this past summer. The house served as both their temporary home studio and, for 10 weeks, they rarely left.

If you go

Grouplove

with The Rubens
Tonight, 8
Bowery Ballroom
6 Delancey St.
SOLD OUT

"We worked all day and night," says Wessen. "I don't think I left the house in 10 weeks more than four or five times, literally. ... We just lived and breathed that album. It was crazy. But I think that plays into the whole thing that all we have is each other."

There's that refrain again. But while it might sound trite, watching the band perform — their live shows are charged with

VILLAGE PEOPLE
CONCERT/DANCE PARTY
SATURDAY JULY 13, 2013
9 PM SHOW, DOOR OPEN AT 8 PM
Order Tickets Today!
rwnewyork.com
Resorts World
CASINO
NEW YORK CITY
110-00 Rockaway Blvd. Jamaica, NY 11420
rwnewyork.com • 1-888-888-8801
In Queens, near JFK Airport. Take A or Q37. Free shuttle at Jamaica/Sutphin Boulevard Station.
Shuttle access via LIRR or E J Z trains.

FDA REGISTERED
Are foods making you sick or fat?
Find out with our one-of-a kind blood test.
weight problems
skin conditions
digestive disorders
migraines
chronic fatigue
ADHD
aching joints
arthritis
and many more
Take our unique blood test that can change your life.
Learn exactly which foods your body cannot tolerate or digest (this is a food sensitivity test, not an allergy test).
Program includes medically supervised meal planning, exercise, and nutritional guidance.
Affordable Payment Plans Available For Any Budget!
We work with*:
CIGNA PPO
32BJ
Oxford PPO
United Healthcare PPO
Call us now at 1-800-569-5722
www.arefoodsmakingyousick.com
General 1 Medical P.C. - Financial District - 130 William Street Suite 903 NYC 10038
Accessible by 1 2 3 4 5 6 A C E J Z
Tests are not covered by Medicare, Medicaid, HMO plans, or Worker's Comp.
Copyright© 2012 NY Wellness Solutions, Inc. I *Deductibles and co-pays apply.

Grouplove: They've got a little bit longer, they've got a ways to go. / PROVIDED

Quoted

"We worked all day and night. I don't think I left the house in 10 weeks more than four or five times, literally."

Wessen, on recording Grouplove's latest album, "Spreading Rumours."

buoyant, jubilant energy — it's pretty clear that Grouplove's dynamic is such that it's not just that all they have is each other ... it's that all they need is each other.

The band has been on the road for three straight years and it's had an undeniably fracturing effect on their relationships outside the band.

"You know, people, like, got married and had babies" says Wessen. "It's scary, but it kind of whittles out the people who don't really matter. You don't have time for frivolous s— anymore, to have peripheral friends."

Wessen says he isn't sure when the band will take a break, if ever.

"I think we're a little bit out of our minds for not taking any time off in between recording our records, but that was a conscious choice," he says. "We were all just like, 'Well, f— it, let's just go.' Why take a bunch of time off? I mean, we're not all buying new cars and houses. I'm still driving a 1989 Buick and checking my bank account, so maybe we should keep going on this. We haven't quite made it yet."

ALEXANDRA CAVALLO
alexandra.cavallo@metro.us

TIRED OF
MASKING
THE PROBLEM?

If you're one of the thousands who've been prescribed a CPAP mask to stop snoring and treat your sleep apnea, you already know that going untreated is not an option. Ignoring your condition can lead to serious health issues.

eOs sleep's Board Certified physicians offer many different treatment options, some can take as little as 20 minutes.

eOs sleep®
For the treatment of snoring and sleep apnea
eOsSleep.com

Treatment protocols may differ from patient to patient. After a thorough exam, an eOs specialist will recommend the right solution for your particular condition.

New York City • Long Island 888.460.5733

NYACK
New York's *Christian* College

COME VISIT US AT OUR NEW HOME
2 Washington Street, near Batttery Park

- *Accelerated Degree Completion Program*
- *Bachelors Degrees (38 majors)*
- *Alliance Theological Seminary*
- *MA in Counseling or Marriage & Family*
- *MS in Organizational Leadership (finish in as little as 12 months)*
- *MBA (finish in as little as 16 months)*
- *MS in Childhood Education, Childhood Special Education*

New Programs. New Opportunities. New York's Christian College.

JOIN US AT OUR OPEN HOUSE

Saturday, September 28th at 11:00am
2 Washington St, New York NY 10004
For more information call: ***877-626-2236***
or visit us at: ***www.nyack.edu***

Nyack, NY • New York, NY
www.nyack.edu
www.facebook.com/nyackcollege

HEALTH REPUBLIC
INSURANCE

I WILL

Healthcare reform is coming

(It's time to make great things happen.)

Health Republic Insurance of New York
newyork.healthrepublic.us | 888-990-5702

Stop Suffering From Leg Pain!
Stop Suffering from Varicose Veins and Spider Veins with one simple in-office procedure!
BEFORE
AFTER
Now covered by most insurance plans - 100%
Call now to schedule a consultation.
nuVISION SURGICAL & MEDSPA
Dr. John Anastasi
20 East 46th Street, Suite 501, New York, NY
212-889-1171 · mynuvision.com

metro
METRO IS THE MOST READ FREE DAILY NEWSPAPER IN NEW YORK WITH OVER 730,000 DAILY READERS!
FOR ADVERTISING: advertising@metro.us or 212-457-7735
Source: Scarborough R1 2013

Fall for Dance at City Center

Get moving. Dance is often seen as an art only for the elite. This series aims to change that.

American Ballet Theater is one of many participants in Fall for Dance. / GENE SCHIAVONE

Theatrical dance in the Western world began as the pastime of royalty, which makes the current Fall for Dance series a subversive pleasure. For two weeks, beginning tonight, terrific dance troupes from around the world display their talents at rock-bottom prices, serving up previews of this year's coming attractions. Celebrating its 10th anniversary, this bargain display of terpsichorean talent is City Center's gift to local audiences.

Nothing's cheaper than free, which was the cost of tickets Sept. 16 and 17 at Central Park's Delacorte Theater. Against the stunning backdrop of Belvedere Lake, red-clad members of Elizabeth Streb's Extreme Action Co. performed "Human Fountain," taking off from a three-story scaffold, sailing through the air and plopping down on layers of padding. Their death-defying feats were followed by Ron Brown's Evidence dancers in "Upside Down" — which was ostensibly about mourning, but was in fact a celebration accompanied by live music by Fela Kuti. A work from Ulysses Dove and Paul Taylor's sublime "Esplanade" completed the program.

Upcoming at City Center are performances by companies from England, Brazil, Canada, Argentina, India, Ireland and Holland, as well as all New York's blue-chip troupes and a handful of mad experimenters, like Doug Elkins showing his fusion of hip-hop with modern and Shakespeare, "Mo(or)town/Redux," on the fourth of five programs (each shown twice and each costing $15).

Scrabble now to snap up the remaining tickets, and revel in the delights of Michelle Dorrance's revolutionary tap choreography (on the same bill), world-renowned tango dancers Gabriel Misse and Analia Centurion (on the first program) and several local debuts.

If you go

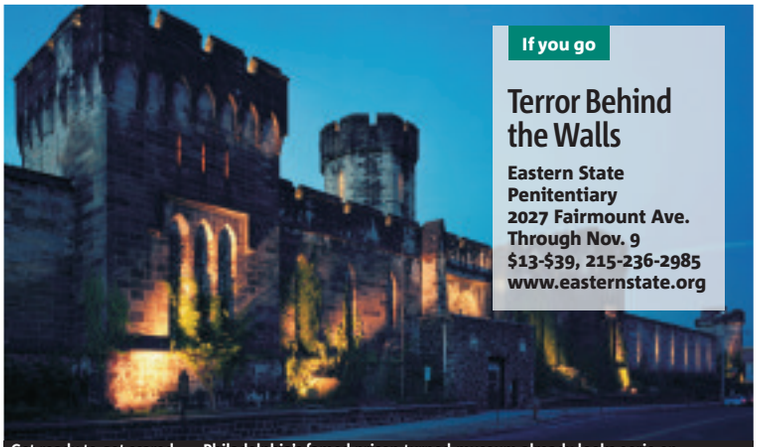
Fall for Dance

Through Oct. 5
New York City Center
131 W. 55th St.
$15
www.nycitycenter.org

ELIZABETH ZIMMER
letters@metro.us

Miss Jessie's ORIGINAL
HANDS DOWN THE PROVEN EXPERT IN CURLS. PERIOD!
PILLOW SOFT CURLS
QUICK CURLS
JELLY SOFT CURLS
CURLY PUDDING
BABY BUTTERCREME
AVAILABLE AT THESE RETAIL LOCATIONS:
RICKY'S NYC
LOCAL BEAUTY SUPPLY & MISSJESSIES.COM

STOP SUFFERING WITHOUT SURGERY
SEDATION AVAILABLE, TOTALLY PAINLESS PROCEDURES
Board Certified Pain Management Physicians at HudsonSpine.com can help. X-Ray and Ultrasound guided same day non-surgical procedures to relieve pain.
• Neck Pain?
• Back Pain?
• Sciatica?
• Herniated Discs?
• Knee Arthritis?
• Tired of medications?
• Physical Therapy & Chiropractors not helping?
• Afraid of Surgery?
Stop Suffering Today!
Please call 646-596-7386
Same Day Appointments Available | Most Insurances Accepted
Email: Info@HudsonSpine.com
281 Broadway 2nd Floor, NY, NY 10007 near Chambers St
and City Hall 1 2 3 A C E N R



Get ready to get scared — Philadelphia's famed prison-turned-museum already looks eerie on a regular day. / EASTERN STATE PENITENTIARY

Choose your own adventure

Haunted house. Terror Behind the Walls has some new tricks up its gory sleeve.

This year, they're changing the rules.

For the first time in Terror Behind the Walls history, visitors to Philly's Eastern State Penitentiary's famed haunted house can choose their own adventure. Tour the museum attraction that's named among the best in the world for all its gory glory, or opt for the scarier path and be grabbed by a brain-hungry zombie or forced to run from an evil clown. "We actually had to scale back so we don't scare people too much," admits Amy Hollaman, the haunted house's creative director.

To turn things up a notch, Hollaman and her team visited other haunted houses and brainstormed on the paranoia of scare — things besides blood and guts, like bugs, snakes and claustrophobic spaces.

"There are delusions happening," Hollaman says. "People are confused. You can't tell what's human and what's not. All of a sudden, there might be a clown waiting with a knife."

More than 200 actors are transformed by a team of costume and makeup artists into creatures that scare the living daylights out of you for 29 evenings. The hour-long show goes through six attractions, including the gauntlet, the infirmary and right into the prison's cells.

"It's the perfect setting," says Hollaman. "There's nowhere like it in the world."

CHRISTINA PACIOLLA
christina.paciolla@metro.us

GLYX-8

Is your life a black hole filled with Depression?

Not Seeing Results from your Antidepressant?

New Depression Research with Rapid-Acting Study Medication

If you have tried treatment for depression and found that it did not help enough, you may be interested to know that doctors in your area are conducting a research study with an investigational, rapid-acting antidepressant, known as GLYX-13. If you are 18-65 years of age, you may be eligible to receive evaluation of your depression with our Board Certified physician, study medication or placebo, and visits to our private center, all at no cost. Please call for more information.

(212) 595-5012
The Medical Research Network, LLC
134 East 93rd Street; New York, NY • www.MedicalResearchNetwork.com

PhilAdelphia's MaGic Gardens
TOURS FAMILY PROGRAMS EXHIBITIONS
OPEN EVERY DAY
phillymagicgardens.org | 1020 South St., Philadelphia | 215-733-0390

Upper East Side OB/GYN care
by Yuliya Boruch, CNM

- *Preventative OB/GYN services (pap test)*
- *Teen first GYN consultation*
- *HPV vaccines, family planning*
- *Office pelvic ultrasound • IUD (5 and 10 years)*
- *Rapid HIV testing & counseling, STD screen*
- *Most insurances accepted*

www.boruchmidwifery.com

NEW*
BREAST/OVARIAN CANCER BLOOD TEST IN THE OFFICE
(BRCA 1&2) covered by most insurances

1036 Park Ave, Suite 1B
(E. 86th st & Park Ave), New York, NY 10028
(Take 4,5 &6 train to 86th st)
(877) 963- 9777 • Visit us on Yelp & Zocdoc

EVERY WOMAN DESERVES TOP QUALITY OB/GYN CARE FROM TEEN YEARS TO GOLDEN AGE OF MENOPAUSE.

metro

WITH 65% OF READERS AGED 18-49 YEARS OLD, METRO IS THE YOUNGEST NEWSPAPER IN NEW YORK

[amNY: 62%, New York Post: 53%,
New York Times: 49%
New York Daily News: 49%,]

Source: Scarborough R1 2013

FOR ADVERTISING: advertising@metro.us or 212-457-7735

80% OF TEACHERS GIVE HOMEWORK ASSIGNMENTS ONLINE.

COME LEARN HOW TO HELP YOUR KIDS LEARN.

Find a free training class near you.
Text **CONNECT** to **30364** or call **1-855-EVRY1ON.**

Ad Council powered by connect2COMPETE everyoneON.org

©2013 EveryoneOn T&Cs and privacy policy: http://www.eprize.com/terms Message and data rates may apply.

AT HOME WITH metro®

PLUS

Priciest

$39M

The most expensive listing to hit the market this week is a co-op at 115 Central Park West. Marketed by Town Residential, this 12-room, 6,000-square-foot unit offers five bedrooms (each with a private bathroom), two terraces with views of Central Park and a living room with a fireplace.

Cheapest

$225K

The least expensive property to hit the market this week is a co-op at 424 E. 77th St. on the Upper East Side. Marketed by Corcoran, this studio has been recently renovated and offers high ceilings, hardwood floors and lots of natural light.

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

STREET EASY

Just one stop to Manhattan, Linc LIC has great prices coupled with luxury amenities. Residents can enjoy a roof deck, resident park,Wi-Fi Café, screening room, children's playroom, basketball court, squash court, and fitness facility all at no fee! Voted one of the best places to live in all of New York City, Long Island City has history, art, restaurants, views and nightlife. Come see what everyone is talking about!

Linc LIC live life connected.

Leasing Gallery open 7 Days a Week

Greg Brancato, 43-10 Crescent Street, Long Island City, NY 11101

718.440.3333

www.LincLIC.com

Put it away

Living. Finally get clutter-free with these simple storage tips.

Your bed can work double duty as a storage unit. / GOTHIC CABINET CRAFT

Find a place for everything in Gothic's Flat Iron modular closet. / GOTHIC CABINET CRAFT

This fall, take a tip from the squirrels and start storing everything away. All right, not everything — but put away that kitchen clutter, stash your skimpy summer clothes and finally organize your desk. You'll be surprised how much better your place looks when junk, supplies and non-necessities are put into their proper places.

Double down

"Storage furniture is usually double-duty furniture," explains Aristidis Zaharopoulos, owner of furniture maker Gothic Cabinet Craft, which has 30 New York locations. "For example, a storage chest can also serve as a coffee table." Storage beds, with drawers tucked underneath the frame, are also great options. Zaharopoulos and company have been building storage beds since 1969, and it's the most popular item they sell.

Waste not

"No matter how much space you have, you always end up needing more," says Zaharopoulos. So don't let those walls go to waste — make them work for you. Consider mounting a wooden organizer, which usually has a combination of shelves, drawers, cabinets, hooks and rods. You'll see them used to store craft supplies or workstation accessories, but you don't have to stop there. Keep your desk clean with one of those bad boys.

Reach for the sky

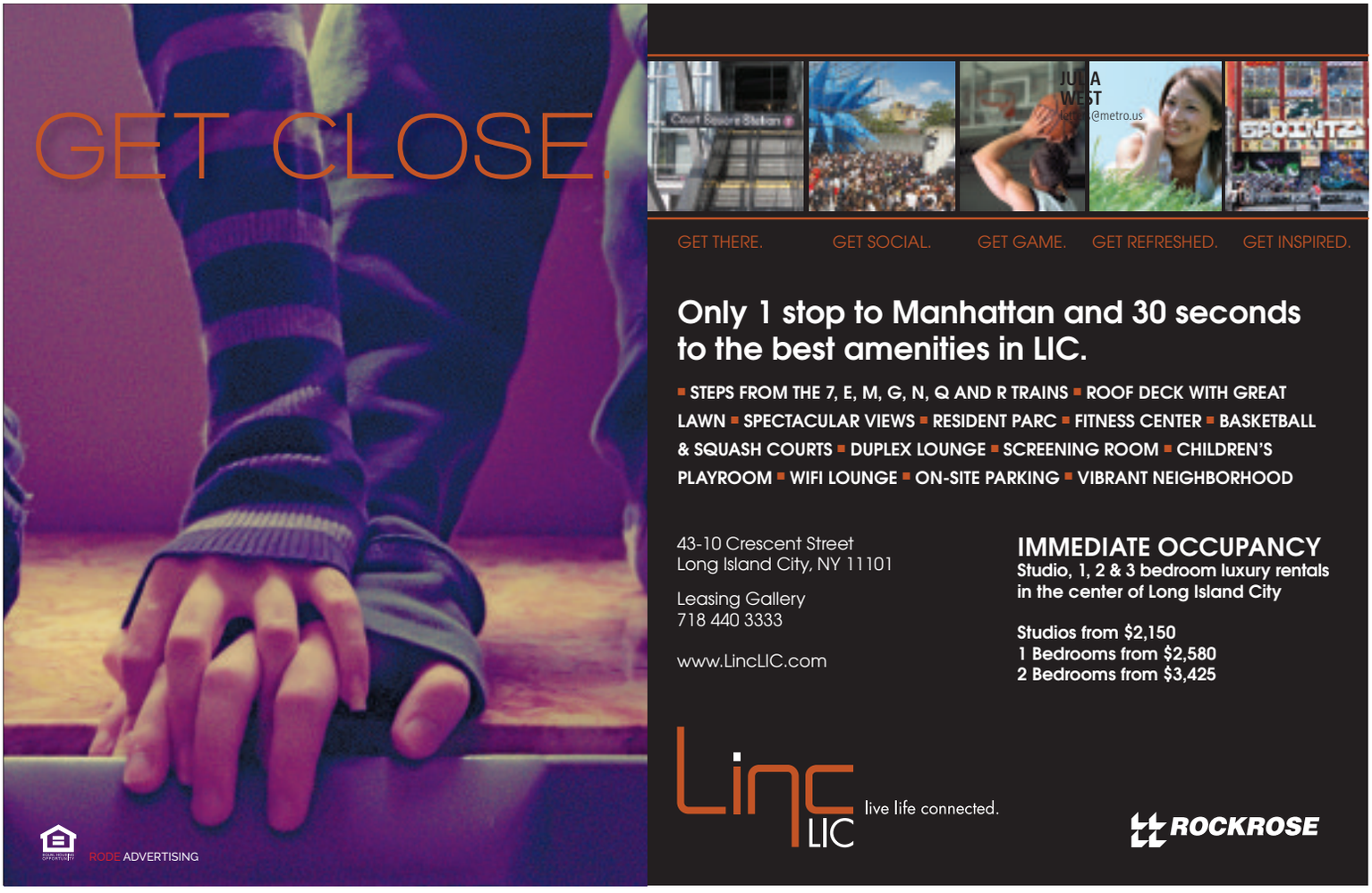
No one said that shelves have to be eye-level. Well, maybe someone did. But they were wrong. Let the ceiling be the limit when it comes to installing your shelving. You can buy them big or customize your own, but either way you'll be pleased that you didn't stop at a lousy 5-foot-tall bookshelf. With a skyscraper of shelving you can store books, organize office and art supplies, or just show off your treasures and trinkets.

"Obviously, efficient use of space in a city apartment is critical for good living," says Andrew Black of Black & Sons Furniture Makers in Wisconsin (he's the son half of the name). And there's another plus, Black adds: "Smaller, more efficient homes can have more lasting value — and because it costs you less to live in them, you can afford to fill them with more beautiful things."

Bathrooms need storage love, too

Creative storage can happen anywhere. Don't neglect the bathroom, which may have room for a storage bench or sink-side end table. And your linen closet could probably use a few simple canvas boxes or hanging shoe organizers to keep everything in place and make a little more room for toiletries or cleaning supplies. Finally, get under your bed and organize it with the help of sweater boxes and Tupperware.

JULIA WEST
letters@metro.us


GET CLOSE.
GET THERE. GET SOCIAL. GET GAME. GET REFRESHED. GET INSPIRED.
Only 1 stop to Manhattan and 30 seconds to the best amenities in LIC.
STEPS FROM THE 7, E, M, G, N, Q AND R TRAINS ROOF DECK WITH GREAT LAWN SPECTACULAR VIEWS RESIDENT PARC FITNESS CENTER BASKETBALL & SQUASH COURTS DUPLEX LOUNGE SCREENING ROOM CHILDREN'S PLAYROOM WIFI LOUNGE ON-SITE PARKING VIBRANT NEIGHBORHOOD
43-10 Crescent Street
Long Island City, NY 11101
Leasing Gallery
718 440 3333
www.LincLIC.com
IMMEDIATE OCCUPANCY
Studio, 1, 2 & 3 bedroom luxury rentals in the center of Long Island City
Studios from $2,150
1 Bedrooms from $2,580
2 Bedrooms from $3,425
LincLIC
live life connected.
ROCKROSE
RODE ADVERTISING

Model Elsa Hosk shot this promo for the first Victoria's Secret PINK store in Brooklyn last May. / GETTY IMAGES

Move over, artisanal pickle shops

Commercial RE.
National retailers are coming to Brooklyn.

National retailers are waking up to what residential brokers and developers have known for several years: Brooklyn can no longer be ignored. The borough has seen an explosion of critically acclaimed restaurants in the last few years, as well as locally made products from pickles (McClure's) to chocolate (Mast Bros.). Many national retailers have been slower to commit to the borough, but that has begun to change.

This month, we talked to retail brokers and landlords about the most recent uptick in interest from national stores.

"National retailers have a tendency to follow each other like schools of fish," says Kenneth Schuckman, of Schuckman Realty.

For more on how national chains are impacting Brooklyn's retail rents, local property owners and the borough's artisanal movement, we turn to our panel of experts.

Jared Epstein

Principal, Aurora Capital Associates

Which players do you expect to break into the borough next?
Victoria's Secret, Express, DSW, Urban Outfitters and T.J. Maxx. J.Crew's first store on Court Street will be a success and [will lead to] additional J.Crew stores throughout Brooklyn. It's my understanding that Apple may be behind the redevelopment of the Salvation Army store at Bedford Avenue and North Seventh Street. Whether

4545 · · · · · · · · ·
· CENTER · BLVD

NOW LEASING. Spacious waterfront rentals, panoramic views & 50,000 square feet of amenities. The newest addition to the thriving LIC community, 4545 offers state-of-the-art leisure activities, 12 acres of waterfront parks and modern comfortable interiors. Minutes from Midtown. No appointment necessary to visit.
LIFE AT 4545 = NY + MORE.

STUDIOS FROM $2,295, 1 BEDROOMS FROM $2,785,
2 BEDROOMS FROM $3,845, 3 BEDROOMS FROM $4,995

4545 CENTER BLVD, LONG ISLAND CITY, NY 11109
4545CENTERBLVD.COM • 718.606.9440
TFCORNERSTONE • TFC.COM

4545 · · · · · · · · ·
· CENTER · BLVD

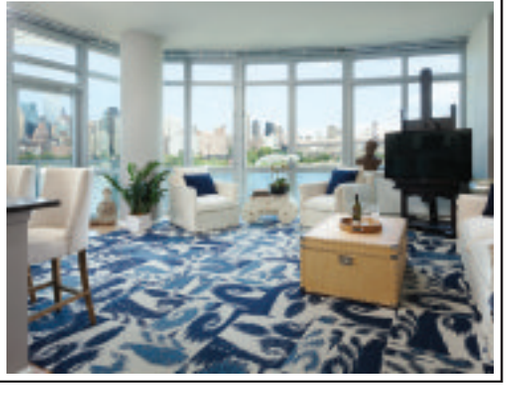
Luxury Living at 4545 Center Boulevard Attracts Families with Kids

TF Cornerstone's newest rental building, 4545 Center Boulevard, on the Long Island City waterfront has exactly what young couples and families in New York City want – spacious and modern units, expansive amenity space, breathtaking views, and a family-friendly community.

One-, two- and three-bedroom apartments at the 820 unit building, offer residents iconic views of the Manhattan skyline at an affordable price, ranging from $2,200 to $5,400 per month.

Atop the seventh floor of the 41-story building sits the largest amenity space in Long Island City, a 50,000-square-foot outdoor amenity deck featuring a real sand beach volleyball court, two tennis courts, sprawling lawn, and sun deck with BBQ grills, lounge chairs and benches, which overlook 12 acres of green parkland. Families enjoy the indoor children's playroom and outdoor children's playground. The building also features an on-site dog run, 1,000-car on-site parking garage, resident lounge and 24-hour concierge.

Long Island City
NY 11109
718-606-9440
4545leasing@tfc.com



this will be the first Apple location in Brooklyn doesn't matter — what does [matter] is that Apple will be coming.

Which areas of Brooklyn are best for retailers?
Downtown Brooklyn, [because of] its strong density of office workers. Fulton Street continues to evolve into one of the greatest retail streets in the country. Atlantic Avenue has had a massive spike due to the success of the Barclays Center and the redevelopment of Atlantic Terminal. Williamsburg's residential community has spurred the demand for retail.

What are you seeing in terms of retail rents in Brooklyn right now?
Bedford Avenue in Williamsburg was roughly $50 a square foot [three years ago], but is now $150 to $250. Atlantic Avenue was roughly $40 a square foot [five years ago], and is now $125 to $175.

Kenneth Schuckman

CEO, Schuckman Realty

Barclays Center has helped boost retail interest in Brooklyn. / FILE PHOTO

Now and then

Retail interest in Brooklyn

What level of retail interest are you seeing in Brooklyn now, and how does that compare to the last few years?
Epstein: Brooklyn is finally getting the attention from retailers it deserves. As the fourth largest city in the U.S., with approximately 2.5 million residents, many wonder why it has taken so long. Like all for-profit companies, retailers seek out growth opportunities ... and [some] retailers have maxed out their growth potential in every viable Manhattan neighborhood.

What challenges do retailers face in Brooklyn?
One of the biggest, if any, is finding locations for tenants of 10,000 square feet and up. Also, unless there is easily accessible mass transit, retailers must depend on density and the driving consumer.

Where do you expect to see the most retail growth the next five years?
With Whole Foods intending to open this year, I believe there will be significant growth in the Gowanus area. Lowe's Home Improvement and Pathmark have been located there for quite some time, and the neighborhood has been seen as an opportunity for big-box development.

Noel Caban

Long Island division head, Winick Realty Group

Where have retailers been showing the most interest?
The national retailers are not going in where the artisanal movements are taking place. They are two very separate movements. Artisanal stores, including restaurants and boutiques, are going to markets where the rents are a little softer — for example Smith Street, Court Street, the fringes of Park Slope, Williamsburg, Bushwick, Clinton Hill and Fort Greene. You see only a select handful of nationals in those markets.

Which areas are weakest when it comes to attracting retailers?
I don't believe there are weak areas in Brooklyn. I do believe there are concepts that will not work in certain markets. For example, if you drive around Bushwick looking for national tenants, you may not find them. That said, Roberta's is packed every night, along with other artisanal restaurants in that market. Does that make Bushwick a weak or a strong market?

Where are Brooklyn's per-square-foot retail rents?
Where the national retailers have a foothold, like Downtown Brooklyn, retail rents have climbed. For example, where Trader Joe's opened, on Atlantic Avenue, rents have soared. [A few] years ago, I did a deal with Barneys New York around there. I don't think that same deal could have been completed today. It would be too expensive. **MELISSA DEHNCKE-MCGILL AND JILL NOONAN**

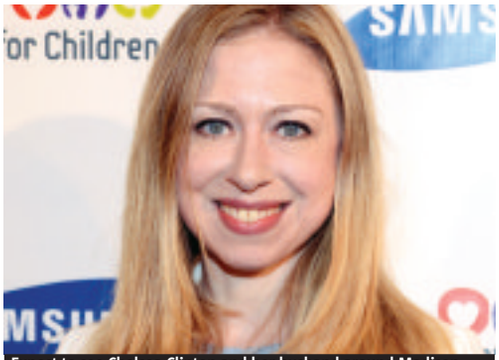
TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

FOLLOW YOUR CURIOSITY
SEE OUR FINEST SELECTION YET OF ONE AND TWO BEDROOM APARTMENTS.
STARTING AT JUST $1,740*
*Net Effective
POOL • GYM • SPA • VIEWS • FULL SERVICE BUILDING
LIVEATTHEBEACON.COM | 866.928.0638

Clinton's new pad in Madison Square Park

Celeb. Clinton paid $1.2 million under the asking price.



Expect to see Chelsea Clinton and her husband around Madison Square Park. / GETTY IMAGES

Chelsea Clinton and husband Marc Mezvinksy got quite a deal last March when they purchased their new apartment in the Whitman condominium building on Madison Square Park. Although it appeared at the time like the couple paid the full list price of $10.5 million, new city records show that they actually paid only $9.25 million, a $1.2 million discount.

Recently, two other nearly identical 5,000-square-foot apartments sold in the building for $10 million each — making Clinton and Mezvinksy's purchase price closer to a $750,000 discount. One went to NASCAR driver Jeff Gordon and the other went to a hedge fund shark and his model wife, according to the New York Post. All three apartments went into contract within two months of each other.

So what's with Clinton's hefty discount? It turns out the former president's daughter got an early bird special: "Marc and Chelsea agreed to buy the apartment last year. As they were the first to do so in the building, they received a discount, as is not uncommon in New York," a spokesperson for the building told the Post. **THE REAL DEAL**

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

Shoulda, Coulda, Woulda
(sound familiar?)

Don't be that person that waited too long for the right time to buy a new home and missed the opportunity.

Now, is that right time. With bottom line pricing and interest rates at historic lows, your buying power is stronger than ever. Don't miss out! Have your beautiful new custom home built in the nearby, family friendly Pocono Mountains by LTS HOMES NOW.

LTS HOMES offers the best commuter locations and design selections in the area. Stop paying rent, let LTS show you how owning a new custom built home is cheaper than renting.

Don't Wait - Call Today 1-800-587-5432
Models open daily.
http://www.ltshomes.com

LTS
EXCEEDING EXPECTATIONS™

PARKCHESTER
SPACIOUS LIVING • AFFORDABLE RENT

ELEGANT NEW KITCHENS • GRANITE COUNTERTOPS
NEW APPLIANCES • STAINLESS STEEL FINISHES
1 & 2 BR RENTAL APARTMENTS START AT $1100 PER MONTH*
MACY'S, STARBUCKS, APPLEBEE'S, SUPERMARKETS, blink FITNESS and MUCH MORE ALL ON-SITE • 24 HR ROVING SECURITY
30 MIN TO MIDTOWN • NO BROKER FEE • EARLY & FUTURE OCCUPANCY
Open House: Tues & Thurs 5:00-7:45pm • Sat 10am-1:45pm

917-634-5295
or apply online at **www.parkchesternyc.com**
*Apts with traditional kitchens still available starting at $1,010

Pi Capital's rentals could be a sign of the times for Elmhurst

Real estate. Could there be more luxury rentals in the future for this neighborhood?

The new luxury rental building Elm East is located at 86-55 Broadway in Queens. / PROVIDED

Pi Capital Partners' Elm East, a new luxury residential rental building at 86-55 Broadway in Elmhurst, has little neighborhood company in its high-end niche — for the moment. But the luxe new digs are a sign of the future of Central Queens, sources said.

Elm East, with a spread of 30,000 square feet that includes retail space, is now 100 percent leased after six months on the market. Prices range from $1,600 per month for a 500-square-foot studio to upwards of $2,500 per month for a 1,000-square-foot two-bedroom. Features include floor-to-ceiling picture windows and balconies with views of the Manhattan skyline — a far cry from much of the multi-family housing stock in Queens.

The developer also has a second project in the works across the street, dubbed Elm West, which will be completed in the third quarter of 2014 and begin leasing immediately thereafter, in late 2014.

While the sister properties are not the only luxury residential offerings in Central Queens, their peers are currently limited to developments such as LeFrak's Contour luxury rentals at 97-45 Queens Boulevard in nearby Rego Park, sources said. However, that could soon change.

"[Developers] always want to see somebody else do it first, then they follow suit," Vincent Koo, a longtime Queens broker and owner of Exit Kingdom Realty said. "I wouldn't be surprised if more luxury developments pop up along Queens Boulevard."

With so little luxury development in the area, Pi Capital took a chance by investing in such high-end properties here, said Nick Chavin, a spokesperson for the firm.

"It really was an experiment. A lot of people thought it wouldn't work, and then the studio units were gone in a week or two."

That movement, he said, proves that renters are willing to put more distance between themselves and Manhattan, and pay rates that are uncharacteristically high in the area. "For that price, they wouldn't be able to get much in Manhattan," Chavin added.

"Just like Long Island City was the alternative to Manhattan, this is the alternative now to Brooklyn and Long Island City," said Chavin. **JULIE STRICKLAND**

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

NEIGHBORHOOD HOUSING SERVICES OF NORTHERN QUEENS

"NHS provides resources to stabilize neighborhoods"

FREE EXPO for HOMEOWNERS

Apply for:

- **Property Tax Credits**
- Energy Audits to reduce utility bills
- **FREE MHA Loan Modification assistance**
- Financial Capability Program
- **Refinance assistance**
- RESTORE - GRANTS program for emergency repairs for SENIOR homeowners
- **Reverse Mortgage info for SENIOR homeowners**
- Low cost Rehab loans
- **FREE Homeowners' Insurance Review**

FREE Loan Modification assistance is funded through the NYS Attorney General Homeownership Protection Program"

Saturday September 28, 2013 from 10am to 2pm at

EXPO Space is courtesy of HANAC Corona Beacon

PS 19 - HANAC Corona Beacon
40-32 99th Street, Corona, NY 11368

*For appointments and required documentation please call **TODAY** and reserve at (718) 457-1017*

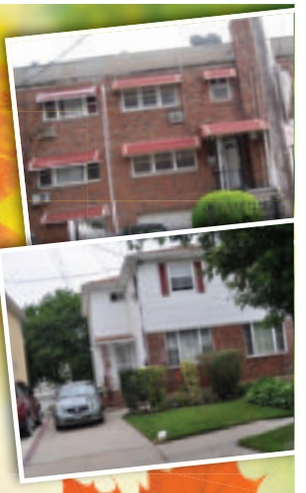
This event is endorsed by the Queens Borough President's Office Helen Marshall, NYS Assemblyman Jeffrion Aubry, NYC Councilwoman Julissa Ferreras and NYC Councilmen Daniel Dromm and Jimmy Van Bramer

NeighborWorks® CHARTERED MEMBER

**** PUBLIC NOTICE ****

AFFORDABLE 1ST HOMES

*Licensed Real Estate Broker



ATTENTION: ALL TENANTS AND FIRST TIME HOME BUYERS!!!

LIMITED TIME OFFER TO OWN A HOUSE FOR ONLY:

- $5,000 ON CONTRACT SIGNING
- NO CLOSING COSTS
- LOW-FIXED RATE MORTGAGE

We have 1, 2, and 3 family homes in Brooklyn, Queens and The Bronx

OUR HOUSES ALL HAVE:

- New Kitchens with Granite and Stainless Steel Appliances
- New Bathrooms with Custom Tile
- Hardwood Floors
- Finished Basements

You must register by October 6th
Call 718-291-1800 NOW!!!
LIMITED HOMES AVAILABLE

Register in person at our office:

143-13 Hillside Ave., Jamaica NY 11435
By Train: Take the "F" Train to Sutphin Blvd
By Car: Take Van Wyck to Hillside Ave

718-291-1800 START NOW!!

Open houses on 'crack'

Real estate. A once-sleepy ritual gains significance as buyers get desperate.

Open houses have always been an important part of residential sales in New York City, but they've recently taken on a new significance due to the severe shortage of inventory in the city, brokers said.

Desperate buyers are now often packing into open houses, making on-the-spot offers and replacing a once-staid experience with an atmosphere of frenzied competition.

Buyers' brokers must navigate this ultra-competitive environment, with buyers eyeing each other suspiciously and even trying to prevent each other from making bids. "It's like open houses on crack," said Betsy Hoffman, a broker at Brooklyn-based Brennan Real Estate. "It's non-stop people, in and out."

In the past, open houses were sleepy, unhurried Sunday afternoon affairs, offering people plenty of time to explore for-sale apartments.

But that's changed dramatically in the face of the city's inventory shortage. With listings moving so quickly open houses are often packed with potential buyers, many of whom have been looking for months and have been outbid on other homes.

See more at www.metro.us

Although open houses are generally calmer during the summer than in the spring and fall, they now regularly attract up to 40 potential buyers, said Jonathan Tager, an agent at the brokerage MNS. Before the inventory shortage, by contrast, Tager said he saw about five to 10 potential buyers per open house.

And listing brokers need to be prepared for these potential purchasers to make offers on the spot. In fact, if a property is priced right, "you should have three or four offers" during an open house, said Tager, who recently sold a unit at Troutman Lofts, a condo at 241 Troutman St. in Bushwick, after an agent walked up to him at an open house with an offer over the asking price.

These situations can frequently turn into bidding wars, although negotiations usually start after the open house has ended, brokers said. As a result of all this competition, the environment at open houses is now sometimes less than collegial.

Sometimes the competition gets downright nasty. Hoffman said at a crowded open house at 2022 Beverly Rd., in Ditmas Park, she noticed another potential buyer trying to prevent her client from walking into certain rooms in the apartment. "They didn't want any competition," Hoffman said.

In fact, many buyers don't even want to wait for the open house to see a property — many bombard the listing broker with requests to get in earlier.

"In this market, you want to get in there before these open houses," said Lisa Strobing, a broker at Coldwell Banker Bellmarc.

But many sellers' brokers have become strict about private showings. Tager said he strategically avoids showing his listings before the first open house, which helps build demand and can drive up prices.

"I'll get calls all week saying, 'I want to see it before,'" he said. "I'll say no, because I want the mystique." **HAYLEY KAPLAN**

Prepare for stiff competitions at open houses. / EYECANDY IMAGES

The cause

Inventory shortage

There were 4,795 available Manhattan homes on the market in the second quarter, according to a report by Miller Samuel Real Estate Appraisers, down 31.3 percent from 6,981 in the same quarter of last year. During the same time period, the number of sales jumped 18.8 percent to 3,144, the most second-quarter sales in the past six years, the report said.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Met Council is accepting applications for the waiting list of affordable housing rental apartments in our building located at **351 East 54th Street, NY**

These studio apartments are for one person households only. The age eligibility requirement is 62 years of age at the time of application.

Current Rent Range studio: $938 - $1146
Income Range:
$39,756 - $48,100 1 person household

*Monthly rent includes heat, hot water and gas for cooking. Seniors will be required to meet income guidelines and additional selection criteria to qualify. Income guidelines are subject to change. One application per household.

Applications may be downloaded from: www.metcouncil.org/housing or requested by mail from Met Council: East 54th Street Residence 120 Broadway, 7th floor New York, NY 10271.

Please include a self-addressed envelope. No Broker or application fee.

Met Council is accepting applications for the waiting list of affordable housing rental apartments in our building located at **89 Carlton Avenue, Brooklyn.**

These one bedroom apartments are for one or two person households only. The age eligibility requirement is 62 years of age for applicant and 55 years of age for co-applicant at the time of application.

Current Rent Range: $853 - $1230
Income Range:
$36,425 - $48,100 1 person household;
$36,425 - $55,000 2 person household

*Monthly rent includes heat, hot water and gas for cooking. Seniors will be required to meet income guidelines and additional selection criteria to qualify. Income guidelines are subject to change. One application per household.

Applications may be downloaded from: www.metcouncil.org/housing or requested by mail from Met Council: Carlton Avenue Residence 120 Broadway, 7th floor New York, NY 10271.

Please include a self-addressed envelope. No Broker or application fee.

Met Council is accepting applications for the waiting list of affordable housing rental apartments in our building located at **315 West 61st Street, NY**

These studio apartments are for one person households only. The age eligibility requirement is 62 years of age at the time of application.

Current Rent Range studio: $816 - $847

Income Range:
$27,956 - $36,120 1 person household

*Monthly rent includes heat, hot water and gas for cooking. Seniors will be required to meet income guidelines and additional selection criteria to qualify. Income guidelines are subject to change. One application per household.

Applications may be downloaded from: www.metcouncil.org/housing or requested by mail from Met Council: 315 West 61st Street Residence 120 Broadway, 7th floor New York, NY 10271.

Please include a self-addressed envelope. No Broker or application fee.

Eva Mendes designs her own favorite new item

"You can't go wrong with color. And I love print," says Mendes.
ALL IMAGES COURTESY OF NEW YORK & COMPANY

Collaboration.
The actress now has a New York & Company line.

Double-stick tape can't always save your outfit, so if you find yourself cowering because you're popping out of your top, Eva Mendes says to ditch the look. Her advice: Wear what you feel comfortable in — in her case, that means a ladylike outfit, like one of the many looks she's designed as part of her new capsule for New York & Company. The line consists of feminine dresses, sophisticated separates and a whole lot of color and print, all inspired by the bombshell's personal style. At a recent party for the collection, she broke down her design process and told us what she's craving for fall.

What's your go-to look for a night out?
I would probably wear this. [Her pencil skirt and fitted Mila blouse.] I think it's chic, it's really comfortable. It's very ladylike, very classy. I don't think I've ever been into short and super-sexy looks. I always like [being] a bit more demure. And when I have gone more body-conscious in the past, I've regretted the decision.

What is your style mantra?
You just have to feel great in [what you're wearing]. I mean, I love double-stick tape, it really works magic — but if you find yourself using too much double-stick I think you better rethink the size of your outfit or get something you feel more comfortable in, because that's the key to looking great.

What are you looking forward to wearing now that it's fall?
Coats! I love coats, so I designed two of my favorite coats. That's what I'm looking forward to. I also love Celine. I think Prada is always exciting and Dolce & Gabbana know how to make a dress for a woman like nobody else.

MAJA LUNDAGER PEDERSEN
letters@metro.us

"THE COOL PART OF THIS JOB IS THAT I GET TO DESIGN MY FAVORITE ITEMS," SAYS MENDES. HER NEW LOVE: THIS PINK COAT FOR $159.95

BRACELET, $26.95

MILA CHIFFON-MIX BODYSUIT, $49.95

RIVIERA FIT AND FLARE DRESS IN VINTAGE ROSE, $79.95
IMAGES COURTESY OF NEW YORK & COMPANY

The back story

Mendes on creating her own line

"For every piece I designed, I have an emotional reason for it.

Ever since high school, I have loved bodysuits. It's just nostalgic for me. You don't see enough body suits out there. And I think pencil skirts fit every type of body. I have a reason for each piece."

Want a different kind of education for your child?
There's still time! We can help.

AT CITIZENS OF THE WORLD, WE PROVIDE:
- **Free progressive education** within a diverse school setting
- **Two certified teachers** in every classroom with **small class sizes**
- **Teachers** who hail from **in-demand private schools** and **charter networks in NYC**
- **Principal** with an EdM in School Leadership from **Harvard** and **17 years of experience** in public schools
- Certified **art**, **music**, **dance**, and **yoga** instructors
- Focus on integrated **Social Emotional Learning** across the school day
- **Experiential**, **project-based** learning in **Science** and **Social Studies**
- After school **enrichment program** until 5:45 p.m.
- Busing available to students with stops in **Bushwick**, **Williamsburg**, **Fort Greene,** and **Bed-Stuy**
- **Tours** available **daily at 9 a.m.** Call for an appointment!

CITIZENS OF THE WORLD CHARTER SCHOOL WILLIAMSBURG
www.cwc-williamsburg.org
call us: (718) 384-1386

INVISALIGN DENTAL CENTER
IN THE CHRYSLER BUILDING
42ND AND LEXINGTON

Invisalign providers since 2005 with Elite status

invisalign
Elite PREFERRED PROVIDER 2012

Call us to schedule a complimentary consultation and find out how Invisalign can improve your smile

Full Invisalign treatments are only
$3999

invisalign

www.kakosiandental.com
888-711-0267

HURT AT WORK?

WORKER'S COMPENSATION
CONSTRUCTION ACCIDENTS
MOTOR VEHICLE ACCIDENTS

LAW OFFICES OF **HARRIS LAW GROUP, LLP**

Work Related Injuries
Occupational Diseases
Construction Accidents
Motor Vehicle Accidents
Negligence & Liability Accidents
Personalized Service to Every Client
No Appointment Necessary
Represent Uninsured Employers

CALL 212.684.3160
Offices in Queens, Brooklyn, Staten Island, Nassau & Suffolk County

FREE CONSULTATION
We speak Spanish, Russian, Chinese, Polish and Bengali

LOOSE DENTURES?
Smile with Confidence

FALL SPECIAL Exp: 10/15/13
OVERDENTURES
with implants
$3,600* per lower
$4,500* per upper
Customary fee $7,600+ per arch
*Additional charges may occur for more complex cases, Ad must be presented for discount.
Leaders in Implant Dentistry! - Est. 1977
Emergencies Welcome Senior Cit. Discounts
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
FREE CONSULTATION
CALL NOW
212-689-0024
Herald Square Dental
THE DENTURE CENTER
224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com

metro
EVERY WEEK, METRO
REACHES 124,000 MORE ADULTS
IN NEW YORK THAN AMNY
[Integrated Newspaper Audience - Metro: 1,516,513, amNY: 1,392,442]
FOR ADVERTISING: advertising@metro.us or 212-457-7735
Source: Scarborough R1 2013

Powered up

Microsoft reveals the Surface Pro 2

Microsoft unveiled the Surface Pro 2 at its event on Monday, the successor to its first-generation tablet that won kudos for its design approach as well as its bold attempt to dislodge the iPad's hold on the market.

While the Surface Pro didn't fare as well as Microsoft might have hoped, the updated version offered several new features that may spark new interest in the company's tablet efforts.

From the outset it was clear that Microsoft listened to user complaints about battery life, as the Surface Pro 2 reportedly offers an amazing 75 percent improvement. The battery upgrade makes the Surface Pro 2 better suited for heavy usage throughout the day rather than in battery-conscious spurts. **MASHABLE**

LIFE-AND-DEATH SITUATIONS

App Appeal

MATT PRIGGE
MATT.PRIGGE@METRO.US

Moves

Price: Free

America was once a paranoid nation, one that (wrongly) thought there was a cartoonishly massive conspiracy around the assassination of President Kennedy and (rightly) pounced on Richard Nixon for underhanded doings. But when offered the chance to surrender all info about themselves to "the man," humanity hungrily signed up. If there's an upside to having a phone that can track one's every moment (unless on a New York City subway), it's this: You can account for your daily movements and feel terrible about how little you're, well, moving.

On one hand, the app Moves serves as a handy pedometer. It tracks your every step, whether you're walking, running or riding a bike. Insert your weight and height and you can get an estimate of how many calories you've burned. If you're chained to a desk all day, you can track, with abject horror, how little you get up and walk around. If you're a fitness nerd, you can track, with precision (or horror) how much you're moving.

The app comes with a map, which is where it gets really interesting. The map shows your daily movements as lines that are your footprints. If seeing exactly how much you move doesn't scare you into being more active, than little else will. The only drawback: This app is a battery-drainer like no other — like Facebook, Google Maps and Twitter times 10. Then again, you might find becoming obsessed with your daily actions is worth an occasionally spent phone.

Moves tracks your daily movements while killing your battery. / PROVIDED

If I Die

Price: $.99

Speaking of living and health, remember this: You are going to die. You will cease to exist one day, because of old age or a terrifying disease or because you weren't paying attention for half a second and ended up eaten by a bear. How you're remembered post-mortem isn't ultimately important: As Woody Allen once said, "I don't want to achieve immortality through my work; I want to achieve it through not dying." But if you must be remembered, make it good. If I Die is a tongue-in-cheek — but toweringly grim — way to preserve what you are. You can record yourself on audio or video, leave notes, and as you await the great unknown, you can make a bucket list. You may go at any second, so be prepared.

JAMIE WYETH
ROCKWELL KENT
and
MONHEGAN
0 ¼ ½ ¾ 1
JUNE 15 THROUGH NOVEMBER 17

JAMIE WYETH
Jenny Whibley Sings, 2008
ROCKWELL KENT
Toilers of the Sea (detail), 1907
BRANDYWINE RIVER MUSEUM
U.S. Route 1, Chadds Ford, PA 19317 • Phone: 610-388-2700
www.brandywinemuseum.org
The exhibition is organized by the Farnsworth Art Museum, Rockland, Maine. Funding for the exhibition has been provided by The Crosby Kemper Foundation, Mr. Richard Gilder & Ms. Lois Chiles, Mr. & Mrs Joseph Pyne, John & Anne Surovek, Mr. & Mrs. George Twigg III, and donors who wish to remain anonymous.
At the Brandywine River Museum the exhibition is supported by The Davenport Family Foundation Fund for Exhibitions.

DOWNTOWN
111 JOHN ST. SUITE 1450
NEW YORK 10038
DOWNTOWN PODIATRY SERVICES
MIDTOWN
315 MADISON AVE SUITE 513
NEW YORK 10017

THE FUTURE OF FOOT SURGERY HAS ARRIVED!
BEFORE AFTER
• Specializing in Surgery and Aesthetics of the Foot
• Minimally Invasive - State of the Art Technology
• Bunion & Hammertoe Surgery
FREE consultation with ad
CONTACT US!
1-877-BUNION-1 or DowntownPodiatry.com

Joy's Healthy Bite

JOY BAUER
WWW.JOYBAUER.COM
Hear from the health and wellness expert for the "Today" show and "New York Times" best-selling author.

FALL PRODUCE WITH HIDDEN HEALING POWERS

Summer has wrapped up and fall is officially here! Along with watching the leaves change color and shopping for fun sweaters, it's also the perfect time to embrace roasted root vegetables, hearty salads and warm, fruit-laden desserts that incorporate the nutritious bounty of the season. These five late-harvest foods will inspire you to create comforting autumn fare.

Figs

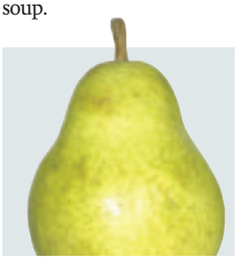
A culinary delicacy of biblical proportions, figs have been revered by ancient civilizations for centuries. These sweet gems are one of the best fruit sources of polyphenols, antioxidants that may help prevent LDL, or "bad cholesterol," from clogging up arteries. For a classic Mediterranean breakfast, top a bowl of tangy plain nonfat Greek yogurt with sliced fresh figs. Or, use dried figs to add natural sweetness to homemade protein bars — the perfect treat for fall hikes.

Brussels sprouts

Although tiny, these little cabbages are chock-full of potent compounds that may prevent DNA damage on the cellular level, making them super cancer-fighters. Here's an easy recipe to try: Thinly slice Brussels sprouts into a slaw, and saute with olive oil, garlic and balsamic vinegar. Go from side dish to entree by combining the sauteed sprouts with cooked quinoa and dried cranberries.

Butternut squashes

One of the most common winter squashes, butternut, is a deliciously sweet, nutty veggie that has come to embody the fall harvest season. The vibrant orange flesh delivers a superior dose of the antioxidant beta-carotene, along with its sister compounds, alpha-carotene and lutein. These carotenoids promote sharp vision and glowing, youthful skin. Add butternut squash puree to mac and cheese for a blast of nutrition, or whip up a creamy butternut squash soup.



Pears

Although it often plays second fiddle to the season's much beloved apple, the pear is a true nutritional heavyweight. One pear provides 5 grams of appetite-squashing fiber (more than an apple!), and the skin is teeming with vital disease-fighting phytonutrients. Use pears to add sweetness to savory sides like stuffing, roasted vegetables and green salads. Or, grab one as a snack to enjoy the pure flavor of a juicy, ripe pear all on its own.

Mustard greens

If you already love spinach and kale, it's time to introduce your kitchen to this under-the-radar leafy green. The peppery leaves are rich in sulforaphane, an antioxidant enzyme booster that enhances the effects of vitamins C, E and A, which may in turn help protect your skin from aging and environmental damage. Saute mustard greens with sesame oil, garlic, salt and pepper and top with toasted sliced almonds for a flavorful dinner side. Or, add the chopped greens to pasta dishes to transform an everyday entree into an age-defying meal.

— For effective diet tips and delicious recipes follow Joy on Facebook, Twitter and Instagram (@joybauer).

GET A FOOT UP ON LIFE!
Providing excellence in Foot and Ankle Care.

HEALTHY FEET ARE SEXY FEET!
Manhattan Footcare's Board Certified Podiatrists specialize in cosmetic as well as reconstructive surgical procedures that will reduce pain as well as, procedures that will rejuvenate & beautify your feet. For over 30 years while utilizing the latest technology, we have skillfully treated patients in all areas of podiatric medicine, from the surgical correction of bunions to the treatment of ingrown toenails.
Revolutionary FDA Approved laser treatment for Toenail Fungus!
Diabetic footcare, dance & sport injuries, and pediatrics are also our specialty
To schedule an appointment or a FREE surgical consultation call us today!

MANHATTAN FOOTCARE
Podiatric Medicine & Surgery of the Foot and Ankle

Fall Special 20% off laser treatment for nail fungus

Dr. Steve Menna & Dr. George Pace
347 Fifth Ave Suite 1110 MANHATTAN
Across from the Empire State Building
212.629.5090
52 Duane Street MANHATTAN/TRIBECA
212.349.7676
133 Smith Street BROOKLYN
718.330.1117 (between Dean & Bergen)
manfootcare@aol.com
www.manhattanfootcare.com

SATURDAY APPOINTMENTS AVAILABLE

Swedish Institute
College of Health Sciences

START YOUR HEALTHCARE CAREER WITH US!

For nearly 100 years, the Swedish Institute has provided education opportunities with a focus on healthcare careers.

We Offer Programs In:
• Medical Clinical and Administrative Medical Assistant
• Medical Billing & Coding
• Surgical Technologist

We Offer:
• Convenient Manhattan campus (near Penn Station)
• Flexible day and evening classes
• Experienced faculty and staff
• Financial aid (for those who qualify)

CALL NOW! 1-888-530-9582

Now offering evening programs in Clinical and Administrative Medical Assistant & Medical Billing & Coding!

Located at: 151 West 26th Street www.swedishinstitute.edu

Swedish Institute's programs are registered with and regulated by the New York State Education Department and are accredited by the ACCSC. For important information on program costs, completion and placement rates, median debt incurred, etc., please visit www.swedishinstitute.edu/index.php/programs and click on the program of your interest.

NEW TREATMENT AVAILABLE FOR CHRONIC FOOT PAIN

ESWT, also known as Shockwave Therapy is a new non-surgical treatment that uses sound waves to cure the chronic pain associated with plantarfasciitis, heel, arch, and achilles tendon pain.

New & Advanced Treatments

- Minimally invasive Bunion surgery
- Shockwave therapy for Heel Pain, Plantar Fasciitis, and Tendonitis
- Hammer Toe and Neuroma repair
- Laser surgery for Warts, Scars, and Toenails
- Toe Shortening and Straightening
- Cosmetic foot surgery

Most Insurance & HMO Plans Accepted

MANHATTAN PODIATRY • ASSOCIATES P.C.

Office Facility Accredited by the Joint Commission

MIDTOWN	DOWNTOWN
133 East 54th Street	42 Broadway
212.759.9090	212.785.1717
UPTOWN	**GRAND CENTRAL**
157 East 86th Street	36 West 44th St.
212.722.2424	(5th/6th ave.)
	212.768.7999

Board Certified in Foot & Ankle Surgery

www.relievefootpain.com

'Recovery is the

Health. Mike "The Situation" Sorrentino opens up about his drug problem.

On "Jersey Shore," Mike "The Situation" Sorrentino was always happy to be hitting the club, fielding grenades and getting his GTL on. But last year, the star went public with his off-camera battle with prescription painkillers. Sorrentino recently helped launch ResetReality.com, a resource for people struggling with addiction and their loved ones. He confided in us about his problem, and how he overcame it.

The beginning

"Obviously it didn't start as an addiction. I injured myself on ["Dancing with the Stars"], and I was prescribed an opioid prescription painkiller, and from that point I was like, 'Ooh, I have permission to take this.' I proceeded to take that medication for weeks — and as the months went by, I felt like it was OK because I had this injury. I got it from my doctor."

Rock bottom

"On one of my appearance tours, abroad in Australia, I couldn't get my medication. They don't even make it in Australia! I proceeded to go into probably the early stages of withdrawal. I had an event to go to, and my family's with me, and I'm in bed, and I said, 'I'm not going.' ... The only thing on my mind was, 'I don't feel well. Tell them I was sick.'

"It was my reality, is my reality and always will be my reality because recovery is the rest of your life," Sorrentino says.

RESET REALITY

PODIATRIST

The Most Advanced Techniques Used for Bunions and Hammertoes

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasiitis (Heel and Arch Pain)

New Treatment For Heel Pain, Shockwave, PRP as seen on the front page *of The New York Times*

Platelet Rich Plasma Therapy (PRP)

Take the Foot Health Checkup

- My toenails are streaked, discolored, thickened.
- The side of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight - they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Now Featuring genesisplus | CUTERA

Helps Eradicate Fungal Nails

If any of these apply to you, call today.

Dr. Paul Drucker, DPM
Dr. Martin McGrath, DPM
121 E. 60th St. Suite 3D
(Between Lex & Park) New York, NY
(212) 486-7333

162-15 Highland Ave
Jamaica, NY 11432
(718) 658-9383

Dr. Ernest Levi, DPM
Midtown - Grand Central
30 E. 40th St., Suite 401
212-685-5100

Patient is responsible for co-pays & deductible • Most insurance plans accepted
Complete family foot care • Laser surgery available

NY FASHION BRACES & INVISALIGN

4779 BROADWAY (AT DYCKMAN)

Dr. Harold Edwards

- Executive member of the NY State Society of Orthodontics
- Teaches Invisalign at NYU, where he has been on faculty for over twenty years
- Past President of the NYU Orthodontic Society
- Voted one of America's Top Dentists in Orthodontics by the Consumers Research Council of America

INVISALIGN
SAVE $1500
OFF REGULAR PRICE
some restrictions may apply

www.newyork-orthodontist.com | www.orthodontistsmanhattan.com

Hablamos Español

WE ACCEPT MOST INSURANCE PLANS

CALL TODAY! 212-567-1006

If you've been told you don't qualify for Invisalign, come to us for a FREE second opinion Dr. Edwards can MAKE IT HAPPEN in most cases!

ZOOM!® WHITENING SYSTEM

SPECIAL SPRING PRICE
$299

rest of your life'

And once I saw the looks on my family's faces — disappointment, frustration, helplessness — I realized I put that there. ... And I was like, 'Wow, I'm causing this, and what's really causing this is my addiction.'"

Getting help

"I eventually mustered enough strength and went to the appearance. … On the way [home] I was like, 'I'm gonna go to my family and say I need help.' They were, unbeknownst to me, approaching me at the same time. They were like, 'Listen, we've seen signs for months now.' ... Then I went to rehab."

At rehab

"I remember on the plane to rehab, it was Utah — I thought it was gonna be like a country club, but it wasn't. It was probably the most traumatic experience in my life, because once you start to detox and become yourself again, all these feelings come back. ... I started to put fitness back in my life, I started to listen and do whatever I could to grasp information — from 12 steps, from anybody else's recovery, from doctors, nurses, anybody — I was trying to get back to Michael. I received Suboxone Film [a drug to help with cravings], as well as therapy, and I also used fitness and meditation. And day by day it started to get better."

Jersey strong

Staying clean

"You always have people doubting you your whole life. You're the person that's gotta be the positive one, to be like, 'No, I can do this.' A lot of things are not as impossible as they seem, and before you walk you crawl, so little steps at a time. For me, it was one day at a time."

Back to work

"I had about six weeks before 'Jersey Shore' and a lot of people had doubted if I was gonna be able to do it. But I was able to get in the best shape of my life [and] get to a somewhat stable point in my recovery. ... I had a lot of questions in my head: Was I gonna be the same Mike? Were people gonna like me? Was I gonna be able to withstand the temptations? I was."

MEREDITH ENGEL
meredith.engel@metro.us

Loose Dentures?
Missing Teeth Chew Better! Get Implants
Free Implant Consultation

www.newcenturysmile.com
(View Our Implant Video)

- Tighten Existing Dentures
- Replace Dentures with Fixed Teeth
- Regrow Bone
- Eliminate Gum Disease
- Over 25yrs Experience

All Dental Services Available
Most Insurances Accepted
FINANCING AVAILABLE
(212) 752-2212

New Century Smile
George Manthas, DDS
Howard B. Marshall, DDS
250 E. 58th St, NYC NY 10022

$1 ZOOM! Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan
As seen on TV DR. STEVE
Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923 - Open Weekends and Evenings
30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 9/30/2013)

Sumayah Jamal, M.D.- PhD.
CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY
NYU LANGONE MEDICAL CENTER
Laser Surgery, Cosmetic and Medical Dermatology

Laser treatments for:
- High speed hair removal-safe for all skin types.
- Razor bumps.
- Acne, depressed acne scarring, enlarged pores.
- Leg veins, facial veins, wrinkles.
- Sagging skin on face, neck and abdomen.
- Brown "age/liver" spots, red complexion, broken blood vessels.
- Keloids.

Microdermabrasion and chemical peels for:
- Acne, melasma, dark spots, uneven complexion.

BOTOX for:
- Frown lines, crow's feet, forehead lines, perspiration.

Radiesse and Juvederm for:
- Laugh lines, lip enhancement, facial volume loss.

isolaz

By appointment only • (212) 229-0333
166 Fifth Ave. 2nd Flr btw. 21st and 22nd
Subways #6, N.R.W.F.V to 23rd St.,
www.Doctorjamal.com

Read what our many happy patients have to say!
www.kerisderm.com/testimonials
Call or make your appointment online at
www.zocdoc.com

Do You Suffer from Varicose Veins?
VENOUS ULCERS • SPIDER VEINS
LEG SWELLING • LEG FATIGUE & PAIN
ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN
Certified by the American Board of Phlebology
Minimally invasive procedures:
- VNUS Closure/Venefit
- VenaCure Laser
- Asclera • VeinGogh
- ClariVein • Apligraf

Covered by most health insurances including Medicare
Return to Your Normal Activities Within a Day!

212.204.6501
www.TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com
Downtown Manhattan
111 John St., Ste 1450
New York, NY 10038
(bet Pearl & Cliff St.)
Fulton St. Station: 2, 3, 4, 5, A, C, J, Z

Mystic Seaport & Cider Mill Tour - Sat. Oct. 5th
Experience the nation's leading maritime museum. Climb aboard tall ships, visit a 19th-century village and watch demonstrations of old maritime skills. Visit Clyde's Cider Mill. Price includes transportation from NYC, all entrance fees and taxes.

$115
Request a free brochure on our website, text or call us
www.HinesTours.com 646-403-5653

Horoscope

♎ Libra | Sept. 23-Oct. 22. Question beliefs that are not meeting your expectations and challenge what you are not satisfied with.

♏ Scorpio | Oct. 23-Nov. 21. Visiting new places and meeting new people will broaden your perspective and help you gain greater confidence as you venture down a new path. Favorable changes at home will unfold.

♐ Sagittarius | Nov. 22-Dec. 21. Put force behind what you decide to do. What you learn will help you make assessments.

♑ Capricorn | Dec. 22-Jan 20. Take responsibility for a touchy situation and show everyone what you are able to do. Don't let opposition cloud your vision.

♒ Aquarius | Jan. 21-Feb 18. Don't let pending issues get you down. Step up and take care of anything that is costing you emotionally, financially or physically.

♓ Pisces | Feb. 19-March 20. Push to make the changes that will improve your position and financial future. Deals can be made. Don't let an emotional matter stand in your way.

♈ Aries | March 21-April 20. Don't leave anything to chance. Discuss important matters before you make a decision. Moderation will be necessary.

♉ Taurus | April 21-May 21. Focus on self-improvement rather than trying to change others. Discipline will bring you praise. Nurture relationships.

♊ Gemini | May 22-June 20. Be open to suggestions. Working with others will ensure that you get things done on time. A change in your social life will do you good.

♋ Cancer | June 21-July 22. Take a unique approach, and you will attract interest. Concentrate on the relationships you enjoy and consider how to use them.

♌ Leo | July 23-Aug. 22. Deal cautiously with health and family life. Pressure is likely to lead to arguments. Modify your plans.

♍ Virgo | Aug. 23-Sept. 22. Don't back down if you're up against a wall. If you know what's required to get something done, take charge. A relationship will undergo duress.

BERNICE BEDE OSOL

Sudoku: Easy and hard

	4			5	1	2	9	
			9				6	4
9					7	1		5
				2		9		7
6		9		3				
5		6	4					2
8	7				3			
	2	1	5	6			7	

		1				4		
	5			8	6			7
	9		3		4	6		
				3		8		
3	2	8		4		5	6	9
		6		9				
		5	9		8		4	
6			5	7			8	
		2				3		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Success is measured best by joy

Re: 'A look back at Nickelodeon's "golden age"' (Metro, Sept. 24) I liked your article in Tuesday's paper on Nickelodeon. You talk about how Kenan and Kel no longer speak. At the end, you said Kenan is on "SNL" and Kel becomes a gospel singer. You perceived just because one is an actor, that he is more successful. In today's world that is what people think and it is all about money — that is NOT how true success is measured. Most of the actors that have been on "SNL," although very funny, have not really led successful lives. They end up making bad movies or die in some lonely hotel room from a drug overdose. But being a gospel singer is true success. There may not be the money in it, but I guarantee you he is a very happy person singing God's word and helping people to love Christ.

MICHAEL MCCORMICK, VIA EMAIL

Address the real causes of violence

Re: 'Guns in our cities' investigative series (Metro, week of Sept. 23) Let's talk about some things that are often left out of the public safety conversation. Who are the killers? Young males who believe that violence is a good way to solve problems and the mentally impaired. How can we improve public safety? First, let's enforce and improve our laws and systems to keep guns out of the hands of young men and the mentally impaired. Second, let's stop the prescription of drugs that are known to have effects like suicide and violent behavior and are involved in most of our mass murders. Third, let's stop glorifying violence and educate our children.

CHARLES KLAUDER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

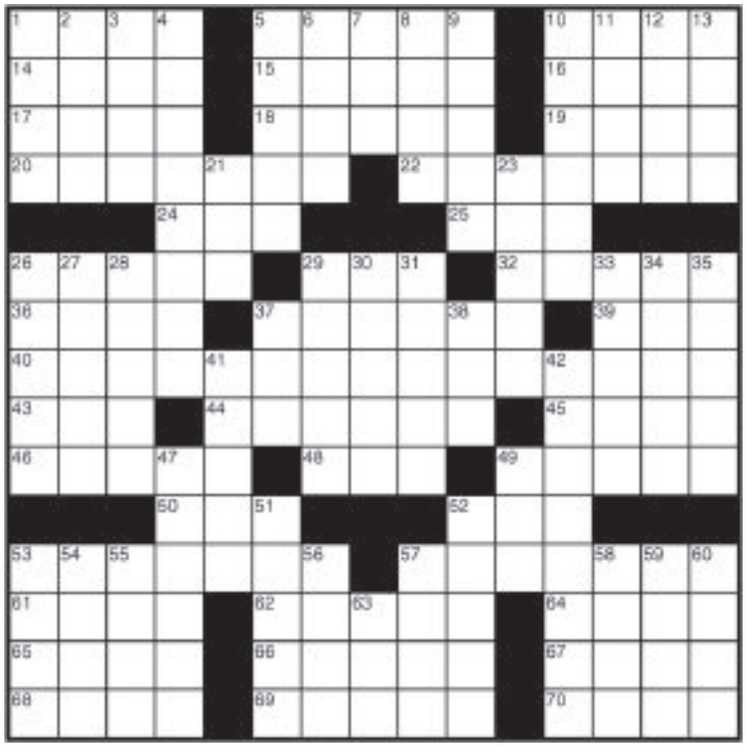
Across

1 Margarita ingredient
5 Unit of weight
10 Claw or talon
14 Frankfurt's river
15 Name in glue
16 Mystique
17 Lotion additive
18 Gaucho's rope
19 Neutral or first
20 Lunar phase (2 wds.)
22 Smudged
24 Mr. Fleming
25 Son of Prince Val
26 Jacket features
29 Pinch, in a way
32 Rule the —
36 Kyrgyzstan range
37 Rainier's realm
39 Rapa —
40 Quite confused
43 Mont. neighbor
44 Not as cold
45 Walk in water
46 Alabama town
48 Lubber's aye
49 Hangs open
50 Web addr.
52 Be off base
53 Treated a wound
57 Gridiron gain
61 Is not well
62 Boat crane
64 Egyptian goddess
65 Inventory wd.
66 Jelly fruit
67 Cozy dwelling
68 Ice floe dweller
69 Stage direction
70 Palace entrance

Down

1 Type of shark
2 Not busy
3 Pet plea
4 Reclusive
5 Argentine dictator
6 Dutra of golf
7 Ms. Thurman of films
8 Takes home
9 Bard's forte
10 Japanese city
11 Violinist Leopold —
12 Latin hymn word
13 Frying medium
21 W. Hemisphere pact
23 Swashbuckling Flynn
26 "Quo —?"
27 Drop syllables
28 Kind of congestion
29 Selflessly
30 Battery terminal
31 — in the woods
33 Saloon sign (2 wds.)
34 Type of jacket
35 Ebb and neap
37 2001 to Augustus
38 Mongrel
41 Sharif and Khayyam
42 Honoring
47 Shellfish
49 Watchdog's warning
51 Climber's rest
52 Fridge raider
53 Beavers' projects
54 Catch the bus
55 Joy Adamson's pet
56 Repair a toe
57 Cry of fright
58 Between ports
59 Main idea
60 This, in Avila
63 Wine cask

Yesterday's answer



metro
As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax:** 212-952-1505 • **National and Executive Sales Director** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor, Gossip Editor** Dorothy Robinson, dorothy.robinson@metro.us • **National News Editor** Jill Gadsby, jill.gadsby@metro.us • **City Editor** Allen Houston, allen.houston@metro.us • **Sports Editor** Mark Osborne, mark.osborne@metro.us • **Features Editor, Music Editor** Pat Healy, pat.healy@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **Entertainment Editor** Alexandra Cavallo, alexandra.cavallo@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Travel Editor** Meredith Engel, meredith.engel@metro.us • **Careers/Education/Dating Editor** Julia Furlan, julia.furlan@metro.us • **Copy Chief** Tracie Michelle Murphy, tmichelle.murphy@metro.us

Kidd, here coaching during the Summer League, is taking over as a head coach for the first time. / GETTY IMAGES

Vanilla extract

NBA. Jason Kidd is setting out to change the identity of the Nets.

The perception the Nets were a soft team that wilted when adversity hit was not a secret throughout the regular season, even as they won 49 games.

How the Nets were perceived became a harsh reality on May 4, in Game 7 of the Eastern Conference quarterfinals against the Bulls. Working to change that assessment was among the primary goals of the busiest offseason in the franchise's history.

It also was a significant talking point for new head coach Jason Kidd's first preseason press conference yesterday afternoon at the team's practice facility in East Rutherford, N.J.

"I think [our identity] was just vanilla, and I think you guys can see after the trade with [Kevin] Garnett and [Paul] Pierce that it's kind of changed," Kidd said. "So, I think we're doing the right thing with changing the identity. It was just there was no flavor and no identity. So, with that trade, that changes the whole game."

The proof for Kidd is the body of work Garnett and Pierce have produced.

"It comes with minutes. It comes with the battles that they've been through, the players that they are [and] the person that they are. Paul's a leader, Paul's a winner. He's won a championship. KG's a winner. They'll both be Hall of Fame players in this league, so they've seen it all. That's walking into a team that didn't have an identity. I think it changes it automatically."

LARRY FLEISHER
sports@metro.us

Preseason schedule

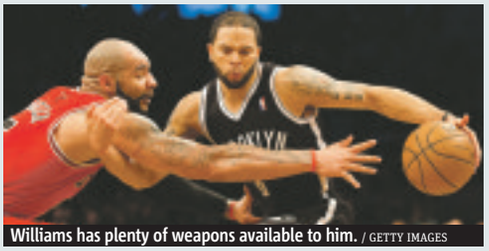
Disappointed New York baseball fans can take heart knowing the NBA season is just around the corner. The Nets will open training camp Oct. 1 at Duke University and begin the preseason on Oct. 8.

- **Nets at Wizards**
  Oct. 8, 7 p.m. — Your first chance to see the new-look Nets will likely be in just a small dose in the opener.
- **Nets vs. Pistons**
  Oct. 12, 7:30 p.m. — Kevin Garnett and Paul Pierce take the Brooklyn court for the first time as Nets.
- **Nets at Sixers**
  Oct. 14, TBA — You won't be getting a look at the injured Nerlens Noel.
- **Nets vs. Celtics**
  Oct. 15, 7:30 p.m. — No, it's not the regular season, but let the bad blood begin.
- **Nets vs. Heat**
  Oct. 17, TBA — So, how will they measure up to the best?
- **Nets at Celtics**
  Oct. 23, 7:30 p.m. — You want ugly, you get it for the first time here.
- **Nets at Heat**
  Oct. 25, 7:30 p.m. — They wrap things up in Miami against the champions.

Perfect 10

Kidd expects Williams to be with NBA's best

Now with more varied options besides Joe Johnson and Brook Lopez's low-post game, Jason Kidd has publicly stated he expects point guard Deron Williams to average 10 assists this season.



Williams has plenty of weapons available to him. / GETTY IMAGES

His opinion didn't change yesterday, even with Williams in a boot after spraining his right ankle in a workout.

"When you say 10 assists, he doesn't have to dominate the ball," Kidd said. "He can get it with the guys that are on the floor. They can all make open shots. That's something that I said publicly — that I would like to have him get up there because if he does, he's back in that conversation of being one of the best point guards in this league." **LARRY FLEISHER**

metro

DON'T MISS...

BREAST CANCER ISSUE
October 1st
The latest research, a salute to survivors, and where we stand in the fight against breast cancer.

HALLOWEEN GUIDE
October 17th
A rundown of the spookiest costumes, flicks, reads and parties this Halloween season.

MEN'S HEALTH SPECIAL SECTION
October 29th
Metro tackles the health issues men won't talk about, but need to know!

BEST OF 2013
October 29th
A three-day series in which Metro spotlights the city's greatest finds.

For Advertising: advertising@metro.us or 212-457-7735

NFL power rankings | by Mike Greger

No. 1

Seahawks (3-0)

Not only did they cover that ridiculous 19.5-point spread, they looked good doing it. Seattle put up 479 total yards — 323 through the air — in a 45-17 old-school beatdown of hopeless Jacksonville. They could be in for a real letdown this week, on the road in Houston — but we're not betting against them. *Beast* team in football, right Marshawn Lynch?

No. 2

Broncos (3-0)

Peyton Manning is still wiping Jon Gruden's slobber off his orange uniform from Monday night. Has Peyton ever had this many weapons?

No. 3

Saints (3-0)

Sean Payton gets an early vote for MVP. Seriously. No coach has ever won that award. He deserves it for bringing voodoo that he do back to the bayou.

No. 4

Bears (3-0)

We messed up. We had them ranked too low. Jay Cutler is initiating contact, and Bears are dominating both sides.

No. 5

Patriots (3-0)

It looks like Tom Brady is getting young guys to buy in amid reports he reached out to Deion Branch. We'll know for sure if they beat Atlanta.

No. 6

Bengals (2-1)

Going toe-to-toe with the Packers and winning is no small feat. Marvin Lewis celebrated his 55th birthday in style and moves up as reward.

No. 7

49ers (1-2)

Jim Harbaugh's group is in free fall. Is a blueprint for stopping Colin Kaepernick out there? He must adjust to be considered elite.

No. 8

Ravens (2-1)

They should get T-Pain to be the team's mascot because all they do is win. Even with injuries — and a "party bus" — they roll along.

No. 9

Texans (2-1)

What happened to the D? Ranked No. 2 in yards allowed, Houston has just eight sacks and one interception. Pressure and picks win games here.

No. 10

Packers (1-2)

One fumble return away. More disturbing, a sideline spat between coach Mike McCarthy and QB Aaron Rodgers.

DENTAL IMPLANTS

$395* per Implant
(Nobel Biocare ONLY $100 add'l)
+ post $595
+ Crown $795
Total $1,785
*Implant, post & crown must be completed at our office to qualify for promotional fees
Speak with your Smile Today!
Expires 10/31/2013

Contemporary Dental Implant Centre
CONTEMPORARY DENTAL IMPLANT CENTRE
7 Convenient Locations
41st & Madison Avenue
Brooklyn • Valley Stream
Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Rego Park
CT Scan-3D Views of the Jaw now available at our Madison Ave. location.
FREE CONSULTATION
NEW PATIENTS ONLY
Over 2,000 implants placed each year.
Must bring in ad at the time of consultation.
CALL 212-269-9500 TODAY!
Se Habla Español
www.cdimplants.com
OPEN 7 DAYS A WEEK

YOU CAN HAVE THE PERFECT PAIR IN MINUTES.
Non-invasive treatments for
• Varicose Veins
• Spider Veins
• Facial Veins

David M. Glass MD, FACS
Board Certified Vascular Surgeon
25 Years of Experience
NEW YORK VEIN CENTER
BROOKLYN / MANHATTAN
1-888-920-2871
www.NewYorkVeinCenter.org

Legal and Professional Services Directory

To advertise in this directory call Johan Svennerholm at 212.457.7823 or email JOHAN.SVENNERHOLM@METRO.US

metro

LEGAL PROBLEM?
I KNOW HOW TO WIN FOR YOU!
Joseph B. Maira, Esq., 1229 Ave.Y, Suite 5C, Bklyn. Cell **718-938-3728**

ACCIDENTS & INJURIES
* Truck / Car
* Medical Errors
* Cerebral / Erbs Palsy
* Police Brutality
* False Arrest
* Construction
* Slips / Falls
* Bedsores

WHEN THE CARELESS NEEDLESSLY ENDANGER THE PUBLIC SAFETY CAUSING HARM, YOU MAY BE ENTITLED TO COMPENSATION
212-926-0050
Rawlins Law Firm | No fee unless successful Free Consultation 24/7

BANKRUPTCY
Buried in Credit Card Debt? Collection Calls & Letters? Lawsuits? Garnishment?
Filing Bankruptcy Can Be Your New Start
Jay Simon • 718.222.4619
32 Court Street, Suite 805, Brooklyn
Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee, Installments, Personalized Attention, Free Consultation
Call Today, Change Tomorrow!

Over 60 Years of Experience
DINERMAN BERGAM & DINERMAN
ACCIDENT?
ALL ACCIDENT CASES HANDLED
Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate
150 BROADWAY NYC • (212) 267-7575
Free Consultation **ASK FOR MARIA** *Hablamos Español*

Absolute Divorce
Hablamos Español
starting at $239 + court fees
Must bring in ad - Expires 9/30/2013
FREE Consultation 212-504-2985
80 Broad St., 5th Floor, NY, NY 10004
www.absolutedivorceinc.com

BANKRUPTCY
917-783-0906 • $795+ Court Fees
Free Consultation
"I can help you get a fresh start"
Flushing (QNS): 39-01 Main St., Suite 400
Manhattan: 116 West 23rd Street, 5th floor
Debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.

Howard S. Warner, Attorney
Evening and Sat appts available

Medical Research Directory

To place an ad call **Andrea Paz** at **212-457-7831** or email **andrea.paz@metro.us**

RESEARCH VOLUNTEERS NEEDED FOR A BRAIN IMAGING STUDY
Healthy drinkers of alcohol and non-drinkers, ages 18-25, needed for brain imaging research at NYS Psychiatric Institute/Columbia University.
Must be medically healthy.
Earn between $1000 and $1060.
Studies include participation in Positron Emission Tomography (PET) and MRI scans.
Call (212) 543 - 5564

Do you have
bipolar I disorder?

Currently on treatment for bipolar I disorder?
If you are being treated for bipolar I disorder and symptoms are stable or you feel depressed, you may qualify to take part in a clinical research study.
If enrolled, you will receive:
- Investigational medicine
- Study-related care from a local doctor
- Compensation may be available for you time and travel

To qualify, you must:
- Be 18-75 years old
- Take medication for Bipolar I disorder

Take the first step. See if you qualify.
Call today for more information:
BMR Behavioral Medical Research
718.351.8100
info@bmrsi.com I www.bmrsi.com

Get Paid
Get Treatment
Help Find a Cure
Search and enroll in a local study on
ZipTrials.us
Powered by metro

Health & Beauty Directory

To place an ad call **Mark Bonanni** at **212-457-7754** or email **mark.bonanni@metro.us**

BACK PAIN ACUPUNCTURE
overweight stress anxiety back neck joint pain
fatigue pinched nerve poor circulation
sciatica migraine foot pain hair loss acne
massage physical therapy chiropractic
Accept 1199 aetna cigna oxford unitedhealthcare bluecross blueshield healthplus affinity fidelis medicare & more
www.MedicalHolistics.com
115W 30 St. #500B (btwn 6&7 Ave) 212-764-3924
723 7 Ave #703 (48 St) 212-470-0360

NEW WAY TO FREEZE BODY FAT AWAY
$100.00 FOLLOWING PROCEDURE (30-45 MIN)
$150.00 FIRST PROCEDURE (40-45 MIN)
NON-INVASIVE - NO DOWNTIME - FDA APPROVED
TOLL FREE # 877-208-3808 CALL 24/7
BODY SCULPTING USA, LLC / 2626 EAST 14TH ST. STE-104
BROOKLYN, NY 11235 - EMAIL : MAILBOX@BODYSCULPTUSA.COM

RESERVE YOUR SPACE
DEADLINE: two (2) business days prior to publication at noon.
CALL 866-900-9473
metro classifieds

SEARCH IT. FIND IT. BUY IT.

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US
CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

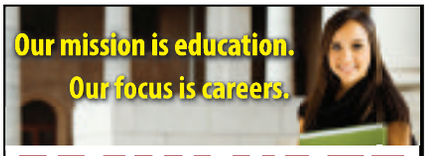
IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Career Training

Tired of your Job?
Want to pursue a new a career??
Not sure where to start???
With training in Medical Assisting, you too can start a new chapter in your life! Degree program available!

Call now to get started!
888-350-8333
SBI Campus – an affiliate of Sanford-Brown - Melville
Melville, NY
sbmelville.edu

Career Training



BRAMSON ORT COLLEGE www.BramsonORT.edu

Fall 2013 Registration is in Progress!

- Financial Aid For Qualified Students
- Day, Evening, & Sunday Classes
- Exam Prep & Free Tutoring
- Affordable Tuition
- Small Class Size
- Career Internships
- Job Placement Services
- Modern Labs
- Veterans are Welcome

REGISTER TODAY

OPEN HOUSE EVERY WEDNESDAY!

- Accounting, Business, & Paralegal
- Medical Assistant, Billing & Coding, Pharmacy Technician
- Information Technology, HVAC & CADD, Programming, Electronics
- Graphic & Web Design • Game Design and More!

Queens Campus 866-644-2925 | **Brooklyn Campus 866-854-5014**

THE BRAMSON ORT PROGRAMS GAINFUL EMPLOYMENT DISCLOSURES ARE POSTED ON WWW.BRAMSONORT.EDU

Deliver the Good News!
Start training now in **DIAGNOSTIC MEDICAL ULTRASOUND.**
Learn to take ULTRASOUND images and make a difference one heartbeat at a time. Call Sanford-Brown!

Call now to get started!
866-861-1444
Sanford-Brown Institute • New York, NY • Garden, City
Licensed by the New York, State Education Department
Programs vary by campus
sanfordbrown.edu

Interested in Healthcare, but don't know where to start?
Get your copy of the Healthcare Career Guide. Learn about healthcare opportunities, training options, and where the industry is going. Inform yourself on the steps you can take to be a part of the healthcare trade. Start today, call now!

Call now, to get your copy!
866-933-2444
Sanford-Brown Institute • New York, NY
Licensed by the New York, State Education Department
sanfordbrown.edu

NEEDED: People to train in Non-invasive CARDIOVASCULAR TECHNOLOGY!
Train in this exciting field and you could help save lives!

Call now to get started!
866-932-7444
New York, NY • Garden City, NY
Licensed by the New York, State Education Department
sanfordbrown.edu
Programs vary by campus

Want to make a change in your life? Interested in healthcare?
We offer hands-on training in a variety of healthcare fields. Classes starting soon!

START TODAY!
866-942-6444
SBI Campus – an affiliate of Sanford-Brown - Melville
Melville, NY
sbmelville.edu

Jobs

Miscellaneous

LOOKING FOR A JOB? One Nation Employment Agency has All Positions Avail 718-803-5268/ 718-803-5267 or Stop By 8037 B'dway Qns NYFee

Work From Home

$1,000 WEEKLY or more guaranteed salary mailing our financial company letters from home. No experience required. FT/PT. Genuine opportunity. Rapid Advancement. Free Information (24/7) : 1-888-557-5539

Healthcare

HHA/PCA Immed Jobs In 5 Boros Free Training, Referral Bonus, Medical Benefits. 212-560-0615 Xincon Home Healthcare

RN's / LPN's / RN Supv/CNA's/PCA's /PCT's
Needed in NYC, LIC, Westchester, Upstate NY and NJ.
Hospitals, Nursing Homes, Group Homes, Corrections
Experience required.
All Units & All shifts. FT/PT
WHITE GLOVE PLACEMENT
Paying the highest rates
85 Bartlett St., Bklyn, NY
Tel 718-387-8181 Fax 718-387-8359
www.whiteglovecare.com

Healthcare

Open House: Mon– Fri (3 PM - 6 PM)
* Medical Assistant * Dental Assistant
* Networking (A+, MCSE, CCNA)
* Programming (C++,.Net , QA / BA)
* ESL (Free If Qualify)

- Nurse Aide (CNA) $800
- EKG/Phlebotomy (Combo).....$900
- Pharmacy Tech. (PhT).....$1000
- Patient Care Tech. ..... Call Now
- MS Office / CPR ..... Call Now

Call: 866-487-5432
Access Careers, Brooklyn
www.AccessCareers.Edu
* Licensed by NYSED * Financial Aid if Qualify

Ultrasound
Med Assistant (RMA)
Pharmacy Tech (PTCB)
Dialysis Technician

Nursing Assistant (CNA).....$699
EKG & Phlebotomy Combo.....$699
Patient Care Technician (CPCT).....$699
Medical Billing (CBCS).....$699
Med Off Administration (CMAA).....$999
Pharmacy Technician (PTCB).....$999
CPR (By American Heart Association Valid 2yrs) ..$80
ACCREDITED INSTITUTE

Financial Aid Available If You Qualify

NEW YORK MEDICAL CAREER TRAINING CENTER
500 8th Ave. NY • 212-947-4444 • Close to Penn Station & Port Auth
36-09 Flushing Main St. • 718-460-4340 • Corner of Main Street & Northern Blvd
www.nymedtraining.com

JOBS TRAINING
PCT • CNA • HHA • EKG/PHLE/Pharm Tech
MEDICAL ASSISTANT • A+, BA, QA, SAP
CNA FREE Training if eligible
SOLAR TECH
Call: 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus • 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

Security / Law Enforcement

Security guards For hotels/ Corporate buildings FT/PT PAYS $11.45- $21.45/hr FULL DENTAL MED/ BENTS+UNION. MORNS/AFTERNOON/ NIGHTS. **CALL 347-331-8696**

★A ABSOLUTE ACTUAL CAREER★ 80+ Guards needed, no exp nec, no felonies, FT/PT, up to $22.50/hr. ★★★ Call 24 / 7: 212-470-4326 ★★★

A AMAZING OPPORTUNITY All shifts avail, FT/PT, W/train, no exp necessary, up to $22.50/hr. No HS/GED req'd. Call 212-470-9941

A BABY STEP - EARN $$$$ Armed & Unarmed, start ASAP. FT/PT, Billingual a +. Up to $25 / $42 an hour. Call Mr. Herc: 347-513-6697

A BASIC CAREER IN SECURITY F/pt AVAIL, NO FELONIES NO EXP NEC,. w/train if needed. Pay up to $22.50/hr. Call 212-470-8757

ALL STAR SECURITY Restaurants/Lounges/Nightclubs in NYC. Immed hire. 10a-6p 212-354-2973 nyjobs@asnysecurity.com

Attention FRONT DESK GUARDS No exp req'd. Up to $22/hr. FT/PT, IMMEDIATE OPENINGS. Taking calls 24/7 at 212-273-1197

Security / Law Enforcement

CORPORATE GUARDS NEEDED Must be avail ASAP. No exp nec, FT/PT, Up to $19.50/hr. ♦♦♦ Call 24/7: 212-470-8796 ♦♦♦

FRONT DESK GUARDS Wall St. location, no exp necessary. Pay up to $13.25 p/hour. Call Lt. Kelly 347-246-9305

LOBBY ATTENDANT / GUARDS FT / PT, MORNING & evening shifts avail. No felonies, up to $19.50/hr. Must start asap. Contact 917-474-4350

Transportation / Travel

DRIVERS- Bklyn co. CDL "BPS" Lic req. Board of ED & FT/PT Spon. for BOE cert. Apply 141 Hinsdale (Pitkin/Glenmore) Bklyn 718-485-8002

DRIVERS
Premier Paratransit is seeking Drivers with NYS CDL Class C with Passenger Endorsement
COME IN FOR APPLICATION
940 Remsen Ave(bet Av D/Foster Av
Mon-Fri 8am-7pm. Sat/Sun 8am-4pm

★ NYC School Bus Drivers & Escorts ★ Exp'd & Board of Ed Certified. Apply in person. Immed positions. 1 Coffey St., Brooklyn. ☎ 718-852-0286

General Help Wanted

LOBBY ATTENDANT/ OFFICERS FT/PT PAYS 12.45-22.35$ P/H FULL DENTAL/MEDICAL BNTS+UNION. MORNS/OVERNIGHTS **CALL 347-331-8696**

NEW JOB!!!
COME JOIN US!! Up to $19/hr
★START IMMEDIATELY★
Fun, Positive Atmosphere
Oppty for Growth & Higher Earnings. No Exp Req. Training provided
CALL 718-210-3642

AUTO MECHANIC ★ A/B TECHS Computer/general diagnostics, 5 yrs minimum exp, NYS Inspection lic a +. 5 days. Bklyn: 718-221-5131.

DIESEL & GASOLINE MECHANICS School Bus Co. Full & Part time. Union Shop Apply in person: 1 Coffey St, Bklyn. ☎ 718-852-0286

Piano Movers
Must be exp'd, FT/PT. Starting salary $12/hr. Call Frank 718-429-4900

★ PLUMBER MECHANIC ★ Must have exp. with boilers. Clean drivers license w/or without truck. Tools req'd. ★ 718-858-7070 ★

★ SEAMSTRESS WANTED ★ Some Exp nec., more importantly enthusiasm & willingness to learn. Greenvale, NY (exit 39, LIE) tailor shop. Call 646-684-5619/516-621-6111

Software Engineer: Master's degree in Computer Science, F/T, Develop IOS and Android application development at the platform and system level; Mail Resume to: Thing Daemon, Inc. West 14th Street, New York NY 10014.

SUPERVISOR, PHARMACIST F/T Flushing, Qns Loc. Must have degree, be Lic'd & have exp. Email res to: gregoryfjohns@gmail.com

★ WAREHOUSE WORKERS ★ Truck Loaders, Factory, Forklift Labor Temp Assignments. Immed. Proper ID. Mr. Carl 212-679-7959

Business Opportunity-Owner/ Operator-Open House
Deliver newspapers as an Owner/Operator under agreement with our company in Manhattan. Earn up to $1,000+/month. Must have dependable car. Call 646-277-3795 for details

Ashmatt Employment Agency
Nannies, housekeepers, cooks, precooks, grillmen, dishwashers, drivers and cashiers among other job opportunities. **(718) 478-5690**

Training

Security - LEA, 8-hour pre employment class & 8 hours annual for $25, 16 on the job for $50. Fire guard prep course. Call for info 347-293-7224

Home Health Aide/CNA Training NYSED. Assistance for slow learner. Long time out of school placemnt assist. Btw Grant & Eldert 718-349-8003

HOME HEALTH AIDE/CNA TRAINING
NYSED PCA to HHA upgrade.
Call 718-323-3050

EXTERMINATION/Termite Certification
NYS cert. 69 days. Jobs/biz Fin'l aid if qual. 24hr 718-205-0557/800-220-5494

Business Opportunities

Auto collision shop for sale. Approx. 6500 sq ft. Renov. w/spray booth, paint station. Turn key. Long lease. Stillwell Ave. Bklyn. 917-364-1508

Services

Careers

HIGH SCHOOL DIPLOMA FROM HOME
6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Miscellaneous

FREE PERSONALITY TEST
Test the 10 key traits that determine your future **success** and **happiness**, and find out how to improve them.
(212) 921-1210 **Church of Scientology of New York** 227 W 46th St.

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-356-0526

Health & Beauty

Never Shave Again!
Laser Hair Removal Specials
Lip, Chin or Underarms $50
Pamper Yourself
Brazilian or Bikini $150
Treatments 2 for $99 ($300 value)
Deep Pore Cleansing Facial
60 Minute Aromatherapy Massage
Nina's Day Spa & Laser Center
212.594.9610

Psychic

SERIGNE
917-679-1518
Spiritual Reader & Coach bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job,success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection.
FAST RESULTS
africanpsychicnyc.com

SHEIKH SALEEM
917.254.6647
MYSTICAL AFRICAN MEDIUM & SPIRITUALIST SOLVES ALL YOUR ISSUES, LOVE SPECIALIST, REUNITE LOVERS, BUSINESS, JOB, COURT, LUCK, BLACK MAGIC, PROTECTION, IMPOTENCY, IMMIGRATION, ETC. ENGLISH AND FRENCH SPEAKING.
QUICK RESULTS
www.africanmedium.com

Miscellaneous

Psychic

AMAZONIAN SHAMAN
natural born Psychic and spiritual healer
Are you suffering for love? are you tired of calling and never get a call back from that special person you love? is your love one ignoring you or neglecting you? Stop suffering for love call me now
-------347 474 5886 ------

CLIENTS TESTIMONIAL

-My name is Lisa I visited Mr shaman 2 weeks ago and I'm very happy with his work, he told me from the beginning how my husband was cheating on me with my friend from work, we put a spell on him and he is not longer with that woman. thanks Mr shaman.

-Mark from Brooklyn: I have tried many time with other psychics to get a cleansing to improved the sales on my business but nothing really worked, Mr Shaman told me that one of my employees was doing voodoo on me, and I saw with my own eyes that he was really helping me.

-My name is Samantha I'm Gay and i I'm from Long island and I visited Mr shaman in his office in Manhattan and then in new Jersey, to get my Girlfriend back, she is living with me again and I feel like the most happy person in the world.

I HELP WITH :
Luck and money problems clean black magic spells get protection from enemies Court and legal problems Remove evil spells from homes, business or persons -- ---Guaranteed Results------ **CALL NOW 347 474 5886 ** See more real testimonials on my website www.amazonianshaman.com Consultations in Manhattan and New Jersey call or txt 347 474 5886 to get an appointment today

reserve your space
DEADLINE: two (2) business days prior to publication at noon.
866-900-9473
metroclassifieds

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

Services

Psychic

SPIRITUALIST AND MARIBOU

Want solutions for all your problems? Heals the body, stops witches, defeats enemies, and offer powerful protection. Do you have problems with relationships, family, financial, property, court, or immigration cases?

718-213-9945

Mr. Mamadou African Spiritual Healer

Specialist in all effective problem: Bringing love one back,removing bad spells and black magic,success in business,financial problem,exam and much more... I can help you be happy again **347-835-5236**

Notices

Northern Manor Adult Day Care Center

is conducting an open invitation for Kosher Vendor/Catering Services to provide breakfast, lunch, snacks and supper at the address below.

Specifications and invitation for bid packet may be obtained by contacting Gelena Deverman at 845-494-0488; during the hours of 9am - 5pm.

Sealed bids must be received by noon on October 2, 2013. All work will be conducted in strict accordance with the bid specifications and in compliance to the CACFP guidelines.

Bids will be opened and read on October 2, 2013 at 3pm at 1 Prospect Park West Brooklyn, NY 11215

Legal Notices

Notice of Formation of Compass Nutrition, LLC Arts. of Org. filed with the SSNY on 03/01/2013. Office location: New York County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 22 Cortlandt St., Ste. 1632, NY, NY 10007. Purpose: any lawful activity

Real Estate/Sale

PUBLISHERS NOTE

All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes its illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at 1(800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

Miscellaneous

NYS PUBLIC AUCTION
October 17, 2013
Parcel #1: 318 Spring St. Ossining 1,650sf col on 0.92 acs OPEN HOUSE 9/24; 10/1; 10/10 (11am-1:30pm) Min Bid $245,000. Parcel #2 No Horsepound & Church Hill Rds. 3.215 + Acres Vacant Land Town of Ken, Putnam Cty, NY Min Bid $30,000. (518)-474-2195 www.nystores.com

Homes

BED STUY FULLY RENOV
2 & 3 Family Brownstones, Orig. Details, Large Rooms, Exposed Brick, Fin Bsmt Broker 718-258-8973

E. FLATBUSH ★ Newly Renov S/D 2 Fam, 6.5/6.5 + Fin Bsmt, Mod Kits/Ba, Fin Bsmt, Bkyd, Drwwy, Gar. **CANARSIE★newly renov 2 fam, s/d** 5.5/5.5, drv, gar $400s Bkr 646-372-8924

Flatbush E 31 St ★ Open House Sat & Sun 12-4 pm. 2 fam brk, fully renov, 3/3 br + fin bsmt, jacuzzi, granit kit ★ Owner 718-740-5222 / 646-431-0105 ★

LAURELTON ★ 1 FAMILY Brick det newly renov, 4 Br's, 3 full bths, fin bsmt, gar, dvwy, hdwd flrs, granite kit, etc. Owner 917-686-4747

★ SPRINGFIELD GARDENS ★ Renov, lovely 2 fam, 6 lg brs, 5 full bths, fdr, 2 kits, huge fin bsmt, lg yd. 1 car gar. ★ Owner 917-337-1425 ★

Real Estate/Rent

Apartments

★ YONKERS 10701 ★ Huge 1 Bdrm Apt, Newly Renov, Prkg Avail. No Pets, No Smoking. OWNER 718-729-3461

Real Estate/Rent

Apartments

APT 4 RENT. OZONE PARK, QNS. 30mins to NYC, A train. 2BD W/ LG living room Apt. Avail Open House after 8pm & SUN all day. 718-683-0797 & Single rooms Also Avail.

Bainbridge/All Bronx Stu fr. $775, 1 Br fr. $875, 2 Br's fr. $1050. 3/4 Br's, fr. $1250. Also no credit check apts. avail. MAZIE'S RE 718-293-4555

Bedford Pk ★ Moshulu Pkwy So. Near Park, Garden, Zoo, Trans. 3 br $1525. Well Maintained. 1st mo rent free! Agt 718-657-1085

Mt Vernon Heights Small 1 br apt. Close to 55 bus. and Sanford Blvd. No Fee. Call Owner 973-810-6235

No Bx, So Bx, Concorse Other Areas Studio 1, 2, 3, & 4 Br Renov Apts Immediate. All programs accepted. Pascal Rlty 718-653-6129 / 347-739-3949

Norwood Section★1 Br Newly Renov 1 blk from last stop on "D" train & Shopping. No Pets. No Smoking. CREDIT CK Reqd. Owner 718-729-3461

Canarsie: 2 BDR Apt for rent. Newly renovated. 1 block to L train, $1475/month, 1 month Security. Owner 718-241-5526 Call after 5PM

CANARSIE ★ 2 Bdrm Apt, 1st Flr, New Bth & Carpet, Freshly Painted, Nr Transp. $1400/mo. 1 mo rent + 1 mo sec. Owner 718-526-0493

EAST NY, 2 BR, 3rd flr, all new wood & tile flrs, ref's /credit check a must. $1,300, 2/mo sec. 1/mo/rent to move in. 516-313-9639 Owner

EAST NY RENOVATED 2 BR APT, 1st floor In 4 Family, Wood Floors, Sec 8 ok. Call owner 347-822-5765

PROSPECT PARK - Ocean Ave Corner of Parkside. Studio $1025/mo, well maint'd, rent stabl. bldg. hdwd flrs. Across the St. from park, subways/shops. 1st 1/2 mo rent free. ★ Call Agent 718-657-1085 ★

★ RUGBY ★ E. 58th St & Snyder Ave 1 Block off Kings Hwy. Well maint'd rent stabilized. bldg. 1 br $1150. 1st ½ mo rent free. Agt 718-657-1085

CORONA 114th & ROOSEVELT Lg, Well maintained rent stabilized building w/laundry facility. 1 BR $1175. 1st mo rent free! AGENT 718-657-1085

Elmhurst: Must see New 3 BDR Apt, 2 full bath, 5 minutes from subway/bus and mall. $2300/month, Credit chk req'd. Owner 347-667-9384

ELMONT ★ 4 Bdrm, 3 Bth House for RENT. Incl's LR, DR, EIK, Hwd Flrs, Lge Bkyd, Drwwy & 2 Car Gar. BROKER 646-372-8924

FAR ROCKAWAY ★ 3 Bdrm Apt on 2nd Flr, Near shops & transp. Pay own Util. $1400/mo. 1 mo rent + 1 mo sec, Owner 718-327-6888 btw 6-9pm

Far Rockaway- Bayswater- Garden style apt. Quiet resicl area. Nr shop, trans. Rent stab 1 br $975. 2 br $1225. 1st mo rent free. Agt 718-657-1085

RIDGEWOOD 1 br Apt, 1st flr. 1 Kit, dining room, large & beautiful. Nice neighborhood. Nr all transportation. Small pets ok. Call owner 347 304-8334

St. Albans 170th St. & Foch Blvd. off 116th 2br $1425 well maint, garden style complex. Nr shops, Q4,5 bus 1st ½ mo rent free. Agt 718-657-1085

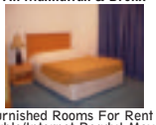
metroclassifieds
TO PLACE AN AD CALL 866-900-9473
OR VISIT US AT www.metro.us

Commercial

BOOMING PIZZERIAS FOR SALE
3 Busy STATEN ISLAND Locations:
★Charleston - 900sf $390k gross yearly (Owner financing avail!),
★ Dongan Hills 2000sf $350k gross yr
★New Brighton 1000 sf $450k year
Vito Conenna NYS Lic R.E. Broker
Call 718-874-8300 or 646-785-7516

Rooms

All Manhattan & Bronx



Furnished Rooms For Rent ! Cable/Internet Ready! Move in Today! All Utilities Inc.! Starting Just $125/wk! **Call Us Now: (212)368-2685**

X-LG Furnished Room in Riverdale, Bx. Next NYC. 1,4,D,B& MN Trains. 20 mins from Midtown. $160/WK. Ref. Req. **Call 917-862-9053**

Affordable Furnished Rooms in Manhattan

Utilities Included Same Day Move In Cable, TV, Internet No Credit Check $125 per week Call 212-862-0457

100's Available, All Boroughs

Private Entry Bath Cooking 1 Person/2 Person $125wk/up room rentals 212-697-3962

Pets

Pet Walkers

♥ ADORABLE YORKIE PUPPIES ♥ CALL TRACY 718 236-1515

♥ MALTESE PUPPIES ♥ Adorable Toy & Teacup sizes. Call 718-259-2295

★★ SHIH-TZU PUPPIES ★★ Toy & Imperial Sizes, All Colors Call 718 236-7567

♥ YORKIE PUPPIES FOR SALE ♥ Toy & Teacup sizes. Call: 718-259-2295

English Bulldog Female Puppy For Sale,She is 8weeks old,Shot,Health Guaranteed,Good With Children and Akc Registered, Cost,$700,Email:smithlewis681@gmail.com (212) 254-7787

Reckless Driving
IS ONE PARTY YOU DON'T WANT
TO CRASH
There is no cheesy slogan to prevent reckless driving.
There is no spokesperson with a catchy phrase to remind the driver to slow down, stop eating, quit messing with the radio or pay attention to the road.
There's Only You. Speak Up.
Ad Council
SPEAK-UP
URtheSpokesperson.com

Are you suffering from AGONIZING KNEE PAIN?

Are you facing the prospect of a knee surgery?

AposTherapy is a clinically proven, non-surgical treatment for knee pain, based on a personalized, innovative biomechanical foot-worn device.

At **AposTherapy,** we understand the misery of living with chronic pain and the worrying prospect of undergoing surgery. We have helped many patients to achieve lasting pain relief and to return to do the things they enjoy. The treatment works by bringing your body to optimal alignment, thus reducing the pressure on the painful area in your knee. The device simultaneously retrains and stimulates the muscles while walking, ultimately re-educating the neuromuscular system to adopt a corrected and less painful walking pattern.

- **Developed by doctors from the fields of orthopedics and sports medicine**
- **Non-surgical and drug-free**
- **Clinically-proven for lasting pain relief, improvement in mobility and quality of life**
- **Highly convenient treatment program that fits easily into your daily routine**
- **On-going care for optimal results**

AposTherapy®

Be yourself again

Over 40,000 patients treated worldwide

Call us to learn more or to schedule a
FREE NO OBLIGATION ASSESSMENT
with one of our specially trained therapists

855-999-APOS

www.apostherapy.com

With practices in US ◦ UK ◦ Singapore ◦ Israel

Individual results may vary. This advert is not intended to discourage other treatments or surgical intervention where recommended. Always seek the advice of your physician or other health providers with any questions you may have regarding a medical condition.

References: 1. Bar-Ziv Y *et al.*, Arthritis Journal 2013. 2. Elbaz A *et al.*, Clinical Biomechanics 2010. 3. Haim, A,. *et al.*, Journal of Biomechanics 2011.